

ALL PURPOSE EGG MIX

DRY

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 03/27/01

Product Description

All Purpose Egg Mix contains dried whole eggs, maltodextrin (a starch), vegetable oil, salt, and citric acid.

Pack

The egg mix is packaged in a 6-ounce package. Each 6-ounce package is equivalent to ten large eggs.

Storage

- Store unopened bags of all purpose egg mix in a cool, dry place. Store opened packages of egg mix in the refrigerator, either in the resealable bag or in a tightly closed container.
- For **best quality**, use all purpose egg mix within 12 months of receipt.
- Reconstitute only the quantity of all purpose egg mix needed for the recipe and **use immediately**. Discard any unused **reconstituted** egg mix.

Preparation

- Reconstitute the all purpose egg mix by mixing one part egg mix with two parts water.
- Sift all purpose egg mix into required amount of warm water in a mixing bowl. Mix with a fork or whisk until well blended.
- Two tablespoons egg mix and $\frac{1}{4}$ -cup of water equal approximately 1 raw egg.

(See recipes on reverse side)



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Uses and Tips

- All purpose egg mix can be reconstituted for use in recipes; or it can be sifted with the dry ingredients, adding the required water to other liquid ingredients.
- Egg mix can be used in recipes such as cakes, muffins, cookies, casseroles, and scrambled eggs.

Nutrition Information

- ***All Purpose Egg Mix*** is a source of protein, vitamin A, and calcium, as well as other vitamins and minerals.
- 1 ounce of egg mix counts as 1 ounce of lean meat from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid

Nutrition Facts

Serving size 1 ounce (28g) all purpose egg mix

Amount Per Serving

Calories	148	Fat Cal	77
% Daily Value*			
Total Fat	8.6g		13%
Saturated Fat	2.0g		10%
Cholesterol	188mg		62%
Sodium	221mg		9%
Total Carbohydrate	6g		2%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	11g		
Vitamin A	5%	Vitamin C	4%
Calcium	13%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet

Stovetop Scrambled Eggs

1½ cups warm water
 3 ounces (¾ cup) dry all purpose egg mix
 2½ tablespoons fluid lowfat milk or reconstituted nonfat dry milk
 1/16 teaspoon pepper
 1 teaspoon margarine, butter, or vegetable oil

Options: Scramble eggs with:

- chopped green onions, tomatoes, green peppers, ham, turkey, tuna, grated cheddar or Swiss cheese
- cooked vegetables such as mushrooms, broccoli, onions, tomatoes, asparagus, or spinach
- a pinch of favorite seasonings such as parsley or basil
- or serve on a toasted bagel, English muffin, or in a tortilla

1. Pour water into mixing bowl. Sift in egg mix and blend with a fork or whisk.
1. Add milk and pepper.
2. In a large skillet, melt margarine over medium heat, until sizzling. Pour in egg mixture.
3. Cook, without stirring, until mixture begins to set on the bottom and around edge.
4. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked portion flows underneath.
5. Continue cooking over medium heat for 2 to 3 minutes or until eggs are cooked throughout but are still moist. Remove from heat immediately.

Makes about 6 (1 egg) servings

Nutrition Information for each serving of Stovetop Scrambled Eggs:

Calories	67	Cholesterol	2 mg	Sugar	0 g	Calcium	519 mg
Calories from Fat	6	Sodium	36 mg	Protein	0 g	Iron	.6 mg
Total Fat	.7 g	Total Carbohydrate	16 g	Vitamin A	10 RE		
Saturated Fat	.4 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Apple Baked Pancake

1 tablespoon butter
 3 tablespoons sugar
 ¾ teaspoon cinnamon
 1 large cooking apple, cored and sliced
 ¼ cup flour
 1 tablespoon sugar
 ¼ cup + 2 tablespoons egg mix
 ¼ teaspoon salt
 ¾ cup water
 ½ cup lowfat milk or reconstituted nonfat dry milk

Recipe provided by American Egg Board

1. In an 8" baking pan, over medium heat, melt the butter.
2. Stir in the sugar and cinnamon.
3. Saute the apple slices in the sugar mixture, turning occasionally, until crisp-tender, about 3-4 minutes.
4. Arrange slices neatly on bottom of pan.
5. Mix together the flour, sugar, egg mix, and salt.
6. Combine the water and milk and beat into the flour mixture until smooth.
7. Pour over the hot apple slices and bake in a preheated 375°F oven until golden brown and sides are puffy, about 15 minutes.
8. Serve immediately - the puff will fall, so serve the pancake the moment it comes out of the oven.

Makes about 3 (1 egg) servings

Nutrition Information for each serving of Apple Baked Pancake:

Calories	258	Cholesterol	106 mg	Sugar	24 g	Calcium	130 mg
Calories from fat	81	Sodium	366 mg	Protein	8 g	Iron	1.3 mg
Total Fat	9.0 g	Total Carbohydrate	37 g	Vitamin A	107 RE		
Saturated Fat	3.8 g	Dietary Fiber	1 g	Vitamin C	4 mg		

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ALMONDS, SHELLED

WHOLE DRY-ROASTED OR WHOLE NATURAL

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Roasted almonds are slightly harder in texture than natural almonds because the dry-roasting process removes some of the moisture. Natural almonds are better for baking and cooking.

Pack

Shelled whole dry-roasted and shelled whole natural almonds are packed in 2-pound cartons.

Storage

Unopened nuts will keep for 12 months in a cool, dry place. After opening, they will keep 4 to 6 months under refrigeration; opened nuts, if frozen, will keep for 9 to 12 months.

Uses and Tips

- One pound of whole almonds measures 3 cups.
- Dry-roasted almonds have a shorter shelf life than natural almonds.
- Almonds can be substituted in any recipe calling for nuts.
- Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods and desserts; they also make an excellent substitute for bread crumbs as a topping for casseroles or in a breading for fish.
- To toast almonds, spread in a single layer on a baking pan and bake at 300-350°F for 8-10 minutes, stirring occasionally until almonds darken slightly (they will continue to brown slightly when removed from the oven).

(See recipes on reverse side.)



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Nutrition Information

- **Shelled Almonds** are a vitamin E-rich food; because of their skins, they are even higher in vitamin E than blanched almonds. One ounce (about 20-25 almonds) provides 35% of the daily value for vitamin E.
- Almonds are also high in protein, having as much protein, ounce for ounce, as red meat, but without the cholesterol.
- The fat content in almonds: 72% is monosaturated (the "good" fat), 21% is polyunsaturated fat, and only 7% is saturated fat.
- 1/3 cup of almonds provides 1/3 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 1/3 cup (39g) shelled almonds			
Amount Per Serving			
Calories	225	Fat Cal	178
% Daily Value*			
Total Fat	19.0g		29%
Saturated Fat	1.3g		6%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	6g		2%
Dietary Fiber	5g		20%
Sugars	1g		
Protein	9g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	7%
*Percent Daily Values are based on a 2,000 calorie diet.			

Crunchy Granola

3 tablespoons packed brown sugar
3 tablespoons honey
1¼ teaspoons vegetable oil
¼ teaspoon ground cinnamon
¼ teaspoon vanilla
2 cups rolled oats
1 cup whole almonds
2/3 cup raisins

Recipe provided by the Almond Board of California

1. In a 1-quart saucepan, combine sugar, honey, vegetable oil, cinnamon, and vanilla. Stir over low heat until sugar is just dissolved.
2. Remove from heat and mix in oats. Spread out evenly on a lightly oiled baking sheet. Bake in center of 350°F oven for 10 minutes.
3. Sprinkle almonds over the top and bake 10 more minutes until almonds are golden brown.
4. Cool completely, then mix with raisins in a bowl.
5. Store in an airtight container up to 2 weeks.
6. Makes an excellent breakfast cereal or topping for yogurt.

Makes 16 ¼-cup servings.

Nutrition Information for each serving of Crunchy Granola:

Calories	131	Cholesterol	0 mg	Sugar	10 g	Calcium	33 mg
Calories from Fat	48	Sodium	3 mg	Protein	3 g	Iron	.9 mg
Total Fat	5.4 g	Total Carbohydrate	19 g	Vitamin A	1 RE		
Saturated Fat	.6 g	Dietary Fiber	2 g	Vitamin C	0 mg		

Almond Vegetable Stir-Fry

1½ tablespoons vegetable oil, divided
½ cup whole almonds
8 cups assorted vegetables*, thinly sliced, in chunks, or 2" strips
½ teaspoon garlic powder
1 teaspoon powdered ginger
2 tablespoons cornstarch
3 tablespoons reduced-sodium soy sauce
1/3 cup water

Recipe provided by the Almond Board of California

*Choose from carrots, broccoli, peppers, zucchini, yellow squash, onions, green beans, mushrooms.

1. Heat half of the oil in a non-stick skillet.
2. Add almonds, cooking and tossing for about 8 minutes until lightly browned. Remove from heat and set aside.
3. Pour remaining oil in skillet and add vegetables. Stir-fry, about five minutes, tossing often until vegetables are crisp-tender.
4. Mix garlic powder, ginger, and cornstarch with water and soy sauce until smooth.
5. Add mixture to skillet, cooking and tossing for about 2 minutes until thickened.
6. Sprinkle with almonds. Serve over rice.

Makes 6 1-cup servings

Nutrition Information for each serving of Almond Vegetable Stir-Fry:

Calories	179	Cholesterol	0 mg	Sugar	6 g	Calcium	85 mg
Calories from fat	88	Sodium	296 mg	Protein	6 g	Iron	2.2 mg
Total Fat	9.8 g	Total Carbohydrate	19 g	Vitamin A	704 RE		
Saturated Fat	1.2 g	Dietary Fiber	6 g	Vitamin C	31 mg		

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APPLE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned unsweetened apple juice is 100% juice, with no added sweeteners. This juice has been fortified with vitamin C.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{1}{2}$ cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of apple juice should be used within 12 to 18 months.
- Store leftover apple juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Heat apple juice in sauce pan with cinnamon and whole cloves (optional) for a cold weather treat. Strain spices from juice before drinking.
- Blend apple juice with mashed fresh fruit, yogurt, and chopped ice to make a fruit smoothie.

(See recipes on reverse side)



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Nutrition Information

- **Apple Juice** provides less than 100 calories per serving and is low in fat and sodium.
- One serving of apple juice provides 128% of your daily value for vitamin C.
- A $\frac{1}{2}$ cup serving of apple juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size $\frac{1}{2}$ cup (177ml) canned apple juice			
Amount Per Serving			
Calories	87	Fat Cal	1
% Daily Value*			
Total Fat	.2g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	21g		7%
Dietary Fiber	<0.5g		0%
Sugars	20g		
Protein	0g		
Vitamin A	0%	Vitamin C	128%
Calcium	1%	Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

Creamy Apple Milkshake

2 8-ounce containers vanilla lowfat yogurt
1/2cup sugar
1 1/2cups apple juice
1 1/2cups lowfat milk

1. Thoroughly combine yogurt, sugar, and apple juice. Refrigerate 1 hour until thoroughly chilled.
2. Add milk to chilled yogurt mixture and serve cold.

Makes about 6 3/4cup servings

Recipe provided by Michigan Apple Committee

Nutrition Information for each serving of Creamy Apple Milkshake:							
Calories	156	Cholesterol	7 mg	Sugar	28 g	Calcium	212 mg
Calories from Fat	15	Sodium	85 mg	Protein	5 g	Iron	.2 mg
Total Fat	1.7 g	Total Carbohydrate	30 g	Vitamin A	49 RE		
Saturated Fat	1.0 g	Dietary Fiber	0 g	Vitamin C	1 mg		

Raisin-Apple Sauce for Ham

1/4 cup firmly packed brown sugar
1 1/2 tablespoons cornstarch
1 cup apple juice
1/4 cup raisins
1/4 teaspoon cinnamon
8 whole cloves (optional)
1 tablespoon butter or margarine

1. In a small saucepan combine the brown sugar and cornstarch.
2. Stir in apple juice, raisins, cinnamon, and cloves.
3. Cook and stir these ingredients for 10 minutes until thickened.
4. Remove the cloves and discard. Add butter or margarine. Serve hot.
5. Good with hot or cold ham or ham sandwiches.

Makes about 6 1/4cup servings

Recipe provided by Joy of Cooking

Nutrition Information for each serving of Raisin Apple Sauce:							
Calories	97	Cholesterol	5 mg	Sugar	16 g	Calcium	15 mg
Calories from Fat	18	Sodium	26 mg	Protein	0 g	Iron	.5 mg
Total Fat	2.1 g	Total Carbohydrate	20 g	Vitamin A	18 RE		
Saturated Fat	1.2 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Apple Vinaigrette Salad Dressing

1/4 cup apple juice
1/4 cup oil
3 tablespoons vinegar
2 tablespoons lemon juice
1 tablespoon sugar
Paprika, salt, and pepper (optional)

1. Combine apple juice, oil, vinegar, lemon juice, sugar, and spices (if desired) in a covered jar. Shake to mix well.
2. Serve over fresh greens or pasta salad.

Makes about 6 2-tablespoon servings

Recipe provided by Michigan Apples

Nutrition Information for each serving of Apple Vinaigrette Salad Dressing:							
Calories	95	Cholesterol	0 mg	Sugar	3 g	Calcium	1 mg
Calories from Fat	81	Sodium	0 mg	Protein	0 g	Iron	0 mg
Total Fat	9.0 g	Total Carbohydrate	4 g	Vitamin A	0 RE		
Saturated Fat	1.6 g	Dietary Fiber	0 g	Vitamin C	2 mg		

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APPLESAUCE
CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Canned Unsweetened Applesauce can be processed with added organic acids (such as erythorbic) to prevent oxidation (browning) if the

packer so desires - the label will state if it has been added.

Pack

Unsweetened applesauce is packed in a No. 300 can, which is about two cups, or four $\frac{1}{2}$ cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor for 12 to 18 months.
- Store opened applesauce in a covered container and refrigerate. Use within 5-7 days.

Uses and Tips

- Unsweetened applesauce can be served at room temperature, or chilled, as a simple lowfat dessert, or used as an ingredient in recipes. Sprinkle with ground cinnamon, if desired.
- Applesauce is a great fat substitute for lowfat baking. Simply substitute half of the fat in a recipe with an equal measure of applesauce.
- Applesauce makes a wonderful addition to raspberry gelatin for a nutritious dessert.

(See recipes on reverse side)



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Nutrition Information

- **Applesauce** is a source of fiber, providing nearly $1\frac{1}{2}$ grams per half-cup serving.
- It is low in sodium; it also contains no fat, saturated fat, or cholesterol.
- $\frac{1}{2}$ cup of applesauce provides 1 serving from the **FRUIT GROUP of the Food Guide Pyramid**.

Nutrition Facts			
Serving size $\frac{1}{2}$ cup (122g) applesauce			
Amount Per Serving			
Calories	52	Fat Cal	0
% Daily Value*			
Total Fat	0		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrate	13g		4%
Dietary Fiber	1g		4%
Sugars	10g		
Protein	0g		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	1%
*Percent Daily Values are based on a 2,000 calorie diet.			

Quick And Easy Cake

1 box conventional cake mix
1 tablespoon flour
applesauce to substitute for vegetable oil
6 egg whites
water as directed

1. Oil desired size(s) of pan(s) to prevent sticking.
2. Mix 1 tablespoon of flour into cake mix.
3. Proceed with recipe on box, substituting applesauce for oil, and egg whites for whole eggs.
4. Bake according to package directions.
5. Cool pan on rack.
6. Remove cake from pan(s) and garnish with berries or sliced fruit, such as peaches.

Recipe provided by "FoodService Director" Magazine

Makes 16 servings.

(A 1/3-cup substitution of applesauce for 1/3 cup vegetable oil and using 6 egg whites instead of three whole eggs will eliminate 715 calories and 87 grams of fat in the recipe. Source: Mott's/Cadbury Beverages Inc.)

Nutrition Information for each serving of Quick And Easy Cake:

Calories	146	Cholesterol	0 mg	Sugar	0 g	Calcium	62 mg
Calories from Fat	30	Sodium	231 mg	Protein	2 g	Iron	.4 mg
Total Fat	3.4 g	Total Carbohydrate	25 g	Vitamin A	0 RE		
Saturated Fat	.5 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Apple Bread Pudding

3 cups 1% milk
4 slightly beaten eggs
½cup + 2 tablespoons sugar
1 cup applesauce
¼teaspoon salt
1 teaspoon vanilla
¼teaspoon cinnamon
½cup raisins
1 cup (4 ounces) peeled, cored, and diced apples
1 tablespoon margarine
3 cups dried, cubed bread

1. Lightly beat milk, eggs, sugar, applesauce, salt, vanilla, and cinnamon; stir in raisins and diced apples.
2. Oil a 9" x 9" baking pan. Spread cubed bread over the bottom of the pan.
3. Pour custard mixture over the bread. Refrigerate for 30 minutes.
4. Place pan in a larger pan of water, cover with foil, and bake at 350°F for 30 minutes. Uncover and bake an additional 15 minutes until a knife inserted in the center comes out clean.
5. Cut 3 x 4 to make **12 servings**. Can be served warm or chilled.

Recipe provided by Motts Foodservice

Nutrition Information for each serving of Apple Bread Pudding:

Calories	153	Cholesterol	73 mg	Sugar	18 g	Calcium	98 mg
Calories from Fat	31	Sodium	151 mg	Protein	4 g	Iron	.7 mg
Total Fat	3.5 g	Total Carbohydrate	26 g	Vitamin A	78 RE		
Saturated Fat	1.2 g	Dietary Fiber	0 g	Vitamin C	1 mg		

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BEEF CHUCK ROAST

FROZEN, READY-TO-COOK

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Beef Chuck Roast** is vacuum packaged, frozen, and ready-to-cook.
- Each roast weighs about 3 pounds.

Yield

A 3 pound roast will yield, after cooking, about 8½ 3-ounce servings.

Storage

- Keep roast frozen at 0°F or below until ready to use.
- For **best quality**, use roast by the "Best if Used By" date on the package.
- Store leftover roast in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw wrapped roast in the refrigerator on a platter. Set on the lowest shelf away from other foods.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the roast at room temperature.

Cooking

- If desired, the roast may be cooked from the frozen state, but must be cooked almost twice as long as a thawed roast.



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- A beef chuck roast may be braised or pot roasted. Cook meat slowly in a small amount of liquid in a covered pan.
- For maximum tenderness, cook until well done or about 2½ hours for a 3-pound roast .

Nutrition Information

- **Beef** is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, and zinc as well as other sources of vitamins and minerals.
- 2 to 3 ounces of beef provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipe and menu ideas on reverse side)

Nutrition Facts	
Serving size 3 ounces (85g) braised chuck roast	
Amount Per Serving	
Calories 274	Fat Cal 173
% Daily Value*	
Total Fat 19.2g	29%
Saturated Fat 7.6g	38%
Cholesterol 86mg	28%
Sodium 53mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

Hot and Spicy Chuck Roast

½ cup ketchup
¼ cup cider vinegar
1/3 cup water
1½ tablespoons honey
1½ teaspoons Worcestershire Sauce
½ teaspoon hot pepper sauce
3 pound beef chuck roast

1. In a small saucepan, combine ketchup, vinegar, water, honey, Worcestershire sauce, and pepper sauce.
2. Bring to a boil; reduce heat and simmer 10 to 15 minutes to thicken slightly. Cool thoroughly.
3. Place roast in a large mixing bowl.
4. Pour cooked marinade over roast. Cover and refrigerate for 4 to 6 hours, turning roast occasionally.
5. Remove roast from marinade and place in a roasting pan; reserve marinade under refrigeration.
6. Insert meat thermometer and bake at 325°F until well done (170°F) – about 2½ hours.
7. Remove roast from oven and let stand 15 to 20 minutes before carving.
8. Place reserved marinade in small saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Serve over sliced roast.

Makes 16 (3-ounce) servings

Nutrition Information for each serving of Hot and Spicy Chuck Roast:

Calories	262	Cholesterol	85 mg	Sugar	2 g	Calcium	11 mg
Calories from Fat	144	Sodium	155 mg	Protein	25 g	Iron	3.0 mg
Total Fat	16.0 g	Total Carbohydrate	4 g	Vitamin A	8 RE		
Saturated Fat	6.0 g	Dietary Fiber	0 g	Vitamin C	2 mg		

This recipe, presented to you by USDA, has not been tested or standardized.

Beef Chuck Roast Menu Ideas

- Use sliced beef to make cold or hot sandwiches.
- Cubed beef can be used in casseroles, soups, and stews.
- Cut beef into strips and use in fajitas and beef fried rice.
- Add diced roast beef to an omelet along with mushrooms, onions, and spinach.
- Mix shredded beef with prepared barbecue sauce and heat. Serve on soft sandwich buns.
- Add strips of beef to green salads.
- Add small pieces of beef to a seasoned spaghetti sauce.
- Combine finely diced or shredded roast beef with chopped onion and diced potatoes; then scramble with eggs.

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BEEF STEW

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Canned Beef Stew** is a ready-to-eat product; just heat and serve.
- Ingredients include chunks of beef, potatoes, and carrots, packed in brown gravy.

Pack

Beef stew is packed in a 24-ounce can, which totals about three cups of stew, serving 3 to 4 persons.

Storage

- Store unopened cans of beef stew at room temperature, 85°F, or below.
- For best quality, unopened cans of stew should be used within 36 months of receipt.
- Store leftover stew in a covered container and refrigerate. Use within 3 to 4 days.

Uses and Tips

- Canned beef stew makes a complete meal if served over pasta, noodles, or rice with a vegetable or green salad as an accompaniment.
- Canned stew can be placed in a casserole, topped with raw biscuits, and baked until the biscuits are lightly browned and the stew is bubbling - for a Pot Pie.



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- Top stew, in a casserole, with mashed potatoes and bake until bubbling and potatoes are browned; this is called Shepherd's Pie.

Nutrition Information

Canned Beef Stew is a good source of vitamin A and iron.

Nutrition Facts			
Serving size 1 cup (227g) canned beef stew			
Amount Per Serving			
Calories	217	Fat Cal	86
% Daily Value*			
Total Fat	9.6		14%
Saturated Fat	3.9		19%
Cholesterol	40mg		13%
Sodium	998		41%
Total Carbohydrate	17g		5%
Dietary Fiber	2 g		8%
Sugars	2g		
Protein	14g		
Vitamin A	30%	Vitamin C	8%
Calcium	2%	Iron	12%
*Percent Daily Values are based on a 2,000 calorie diet.			

(Note: This beef stew is commercially labeled. The above nutritional information is a composite of the different brands offered.)

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PEACHES,

CANNED

for use in the USDA Household

Commodity Food Distribution Programs

Product Description

- **Canned Peaches** are peeled yellow clingstone or freestone varieties; they are packed as halves, quartered, sliced, or diced.
- Peaches are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice (the label will state the packing medium).

Pack/Yield

- Clingstone peaches are packed in a #300 can, which is about 2 cups, or four $\frac{1}{2}$ cup servings.
- Freestone peaches are packed in a #2 $\frac{1}{2}$ can which is about 3 cups, or six $\frac{1}{2}$ cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor for 12 to 18 months.
- Store opened peaches in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Canned peaches are a delicious dessert served directly from the can, with juice, either at room temperature or chilled. They are also a wonderful addition to any fruit or vegetable salad or dessert recipe.
- The juice from canned peaches can be drained and thickened with flour or cornstarch to make a fruit sauce for ice cream or pancakes.



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- Freeze the drained juice in an ice cube tray; use instead of ice cubes in cold drinks or iced tea.
- Use the drained juice as part of the liquid when making gelatin desserts.

Nutrition Information

- ***Peaches*** - $\frac{1}{2}$ cup serving provides 5% of the RDA for vitamin C.
- $\frac{1}{2}$ cup of peaches provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts			
Serving size $\frac{1}{2}$ cup (113g) peaches in light syrup			
Amount Per Serving			
Calories	67	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	6mg		0%
Total Carbohydrate	18g		6%
Dietary Fiber	1g		4%
Protein	0g		
Vitamin A	2%	Vitamin C	5%
Calcium	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

Bran-Peach Muffins

1½ cups whole bran cereal
 1 cup 1% milk
 1 egg, beaten
 ¼ cup vegetable oil
 1 cup all-purpose flour
 ½ cup sugar
 2 teaspoons baking powder
 ½ teaspoon baking soda
 ½ teaspoon ground cinnamon
 ½ teaspoon grated lemon peel (optional)
 ¼ teaspoon salt
 1 cup drained canned peaches, chopped

1. In a medium bowl combine bran cereal and milk; let soak for 3 minutes, or until liquid is absorbed.
2. Stir in egg and oil.
3. In another bowl combine flour, sugar, baking powder, soda, cinnamon, lemon peel (optional) and salt.
4. Add bran mixture, all at once, to flour mixture, stirring *just* until moistened; batter will be thick.
5. Fold in peaches.
6. Fill greased (or paper-lined) muffin cups 2/3 full.
7. Bake at 400°F for 20-25 minutes.

Recipe provided by Georgia Peach Commission

Makes 15 muffins

Nutrition Information for each serving of Bran-Peach Muffins:

Calories	107	Cholesterol	14 mg	Sugar	4 g	Calcium	46 mg
Calories from Fat	37	Sodium	178 mg	Protein	2 g	Iron	1.6 mg
Total Fat	4.2 g	Total Carbohydrate	15 g	Vitamin A	67 RE		
Saturated Fat	.8 g	Dietary Fiber	1g	Vitamin C	2 mg		

Peach Pancake Topping

1 can peaches, with juice
 2 tablespoons honey or corn syrup
 ½ teaspoon cinnamon
 2 teaspoons cornstarch
 1 tablespoon water

1. Coarsely chop peaches; reserve juice.
2. In saucepan mix peaches and juice with honey and cinnamon.
3. Dissolve cornstarch in water; add to peaches.
4. Heat on medium heat until mixture boils and thickens, about 4-5 minutes.
5. Spoon 1/3 cup over hot pancakes.

Recipe provided by California Cling Peach Advisory Board

Makes 6 (1/3 cup) servings

Nutrition Information for each serving of Peach Pancake Topping:

Calories	70	Cholesterol	0 mg	Sugar	5 g	Calcium	5 mg
Calories from Fat	28	Sodium	4 mg	Protein	0 g	Iron	.4 mg
Total Fat	0 g	Total Carbohydrate	18 g	Vitamin A	29 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	5 mg		

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CHUNK LIGHT TUNA

IN WATER, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Tuna is fully cooked and can be eaten cold right out of the can or added to your favorite recipe to be served either hot or cold.

Pack

The 12-ounce can contains about 1½ cups of tuna.

Storage

- **Store** unopened cans in a cool, dry place until ready to use.
- For **best quality**, unopened cans of tuna should be used within 36 months of receipt.
- After opening, store unused tuna in a covered container and refrigerate. Use within 3 days.

Menu Ideas

- **Breakfast:** Try tuna on an English muffin, whole wheat toast, or in scrambled eggs.
- **Lunch:** Add chunks of tuna and chopped vegetables to shredded lettuce. Or mix pineapple chunks, apple slices, grapes, and orange slices with nuts and plain yogurt to make a tuna-fruit salad.
- **Dinner:** Tuna can be made into a hot or cold main meal entree like hot tuna casserole or cold tuna macaroni salad.



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- For a new twist on an old favorite, add tuna to prepared macaroni and cheese.
- **Snack:** Spread tuna on whole wheat or rye crackers or use as a filling in pita bread.

Nutrition Information

- **Tuna** provides protein, iron, and niacin, as well as other vitamins and minerals.
- Compared to ground beef and chicken, tuna is lower in calories, fat, and cholesterol.
- 2 to 3 ounces of tuna or about 1/3 to 1/2 cup provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts

Serving size 3 ounces (85g)
drained water-packed tuna

Amount Per Serving

Calories	98	Fat Cal	6
% Daily Value*			
Total Fat	.6g		0%
Saturated Fat	.1g		0%
Cholesterol	25mg		8%
Sodium	287mg		11%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	21g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	7%

*Percent Daily Values are based on a 2,000 calorie diet.

Quick Tuna Spread

1 12-ounce can tuna in water, drained and flaked
1/3 cup sandwich spread (or 3 tablespoons sweet pickle relish and 1/3 cup mayonnaise)

In a small bowl, mix tuna and sandwich spread.

Makes four (½ cup) servings

Serving Ideas: **Quick Tuna Spread** can be served in many different ways:

- as a **sandwich** using whole wheat bread
- as a **dip** using pita bread cut into triangles
- as a **snack** rolled up in a flour tortilla

Nutrition Information for each serving of Quick Tuna Spreads

Calories 167	Cholesterol 29 mg	Sugar 2 g	Calcium 9 mg
Calories from Fat 65	Sodium 518 mg	Protein 22 g	Iron 1.3 mg
Total Fat 7.0 g	Total Carbohydrate 4 g	Vitamin A 15 RE	
Saturated Fat 1.5 g	Dietary Fiber 0 g	Vitamin C 0 mg	

Tuna Melt Sandwich

1 12-ounce can tuna, drained and flaked
1 whole large egg
1/3 cup lowfat mayonnaise/mayonnaise
¼ teaspoon dry mustard
3 tablespoons minced fresh onion
½ cup finely diced celery
1/3 cup (5 ounces) shredded American cheese
5 English muffins, split

1. Hard-cook egg: place egg in small saucepan, cover with cold water. Bring to a boil, reduce heat and simmer, covered, for 10 minutes. Drain and cool in cold water. Peel and chop.
2. In a bowl, combine dry mustard and mayonnaise.
3. Stir in onions, celery, chopped egg, and drained tuna. Toss lightly to mix.
4. Mix in half of shredded cheese.
5. Lay out split English muffins onto a baking pan. Spread 1/4 cup of tuna salad to the edge of each muffin.
6. Sprinkle the top with 1 tablespoon of remaining shredded cheese.
7. Bake at 350° for 5 minutes until cheese is melted.

Makes 10 half-muffin servings

Nutrition Information for each serving of Tuna Melt Sandwich:

Calories 201	Cholesterol 56 mg	Sugar 1 g	Calcium 107 mg
Calories from Fat 76	Sodium 550 mg	Protein 15 g	Iron .8 mg
Total Fat 8.4 g	Total Carbohydrate 14 g	Vitamin A 50 RE	
Saturated Fat 3.5 g	Dietary Fiber 0 g	Vitamin C 0 mg	

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CORN SYRUP

(HIGH FRUCTOSE)

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- Corn syrup, manufactured from cornstarch, is not as sweet as honey or table sugar which contain fructose, one of the sweetest of the common sugars.
- This product is made using a new process which converts some of the dextrose in corn syrup into fructose, thereby resulting in a sweeter syrup.
- Corn syrup is packed in 24-ounce plastic bottles.
- Ingredients consist of corn syrup, high-fructose corn syrup, water, and flavorings (vanillin). A pasteurized product, it contains no coloring.

Storage

- Store unopened corn syrup in a cool, dry place, but not in the refrigerator. Use within 12 months of receipt.
- For best quality, after opening, use within 12 months.

Uses and Tips

- The most common use of corn syrup is in home-made candies, ice cream toppings, or pancake and waffle syrups.



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- When using it in recipes, it is most easily incorporated if first mixed with the required liquid ingredients.

Nutrition Information

Corn syrup contains no significant nutrients other than calories, which are needed for energy. There are 56 calories per tablespoon.

(See recipes on reverse side)

Nutrition Facts			
Serving size 1 Tbsp (19g)			
Amount Per Serving			
Calories	56	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrate	14g		4%
Dietary Fiber	0g		0%
Sugars	15g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet.			

Mock "Pecan" Pie

½cup sugar
 ½cup (half stick) melted butter or margarine
 1 cup oats
 1 cup corn syrup
 ¼teaspoon cinnamon
 2 fresh eggs
 9-10" unbaked pie shell

1. Mix ingredients and pour into unbaked pie shell.
2. Bake 45 minutes at 350 °F, until center is firm; knife inserted in center comes out clean.
3. Cool. Cut into 8 wedges for serving. Is best served warm.

Makes 8 servings

*Recipe provided by Simplified Quantity Regional Recipes
Cavaiani, Urbashich, and Nielsen c.1979*

Nutrition Information for each serving of Mock "Pecan" Pie:

Calories	365	Cholesterol	53 mg	Sugar	41 g	Calcium	12 mg
Calories from Fat	144	Sodium	147 mg	Protein	3 g	Iron	.8 mg
Total Fat	16.2 g	Total Carbohydrate	54 g	Vitamin A	80 RE		
Saturated Fat	4.1 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Oatmeal-Nut Chews

4 cups oats
 1½cups chopped nuts
 1 cup packed sugar
 ½cup melted butter or margarine
 ½cup corn syrup
 1 teaspoon vanilla

1. Combine all ingredients.
2. Press firmly into well-greased 9" x 13" pan.
3. Bake in 450 °F oven for 15 to 18 minutes, or until brown and bubbly.
4. Cool. Cut 3 x 12 into thirty-six 2-inch bars.

Makes 36 servings

*Recipe provided by Commodity Cooking
Western Regional Office c.1985*

Nutrition Information for each Oatmeal-Nut Chews bar:

Calories	133	Cholesterol	0 mg	Sugar	8 g	Calcium	6 mg
Calories from fat	67	Sodium	44 mg	Protein	1 g	Iron	.5 mg
Total Fat	7.5 g	Total Carbohydrate	15 g	Vitamin A	38 RE		
Saturated Fat	1.1 g	Dietary Fiber	1 g	Vitamin C	0 mg		

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CHERRIES, DRIED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Dried cherries are prepared from stemmed and pitted wholesome U.S. Grade B or better red tart cherries. The cherries may have sugar or other sweeteners added prior to drying. No additives or preservatives are added.

Pack/Yield

Dried cherries are packed in 2-pound containers. Each container provides 26 $\frac{1}{4}$ cup servings of dried fruit.

Storage

- Store unopened dried cherries in a cool, dry place, off the floor. It is not necessary to refrigerate or freeze the product.
- For **best quality**, unopened dried cherries should be used within 12 months.
- After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag.

Uses and Tips

- Dried cherries are ready to eat right out of the package.
- Add to sandwich fillings, rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items.

(See recipes on reverse side)



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- Combine with nuts or granola and other cereals to make a trail mix.
- Dried cherries keep cakes, muffins, and cookies moist.
- For easier chopping, use an oiled knife or blade.

Nutrition Information

- **Dried Cherries** are a good source of potassium and vitamin A – they're low in calories and sodium. They contain no cholesterol and are very low in fat.
- $\frac{1}{4}$ cup of dried cherries provides $\frac{1}{2}$ serving from the **FRUIT GROUP of the Food Guide Pyramid**.

Nutrition Facts			
Serving size $\frac{1}{4}$ cup (35g) dried cherries			
Amount Per Serving			
Calories	119	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	28g		9%
Dietary Fiber	1g		0%
Sugars	23g		
Protein	1g		
Vitamin A	27%	Vitamin C	0%
Calcium	1%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

Turkey Cherry Wrap

1 pound finely chopped turkey breast
 ½cup lowfat mayonnaise
 1 tablespoon prepared mustard
 ¼teaspoon salt
 ¼teaspoon black pepper
 1 cup tart dried cherries
 ½cup shredded carrot
 ½cup seeded cucumber, finely chopped
 ½cup onion, minced
 4 flour tortillas

1. Mix together mayonnaise, mustard, salt, and pepper in a mixing bowl.
2. Gently mix in turkey, cherries, carrots, cucumbers, and onion.
3. Mound ½cup turkey mixture just below the center of each tortilla. Fold up bottom portion and roll as tightly as possible, enclosing filling.

Makes 4 servings

Recipe provided by National Turkey Federation

Nutrition Information for each serving of Turkey Cherry Wrap:

Calories	480	Cholesterol	78 mg	Sugar	1 g	Calcium	96 mg
Calories from Fat	132	Sodium	538 mg	Protein	39 g	Iron	2.5 mg
Total Fat	14.7 g	Total Carbohydrate	48 g	Vitamin A	901 RE		
Saturated Fat	3.1 g	Dietary Fiber	7 g	Vitamin C	28 mg		

Oatmeal Cherry Cookies

1 cup (2 sticks) butter, softened
 1 cup firmly packed brown sugar
 ½cup granulated sugar
 2 eggs
 1 teaspoon vanilla extract
 1 ½cups all-purpose flour
 1 teaspoon baking powder
 ½teaspoon salt
 2 cups oats
 1 ½cups dried cherries
 1 cup chocolate chips

1. Beat margarine, brown sugar, and granulated sugar until creamy.
2. Mix in eggs and vanilla, beating well.
3. Combine flour, baking powder, and salt; add to egg mixture.
4. Stir in oats, cherries, and chocolate chips.
5. Drop by rounded tablespoonfuls onto *ungreased* cookie sheet.
6. Bake in a preheated 350°F oven for 10 to 12 minutes, until golden brown.
7. Let cool 1 minute, then remove to wire racks to cool.
8. Store in a tightly-covered container.

Makes about 4 dozen cookies

Recipe provided by Cherry Marketing Institute, Inc.

Nutrition Information for each serving of Oatmeal Cherry Cookies:

Calories	146	Cholesterol	20 mg	Sugar	9 g	Calcium	28 mg
Calories from Fat	55	Sodium	84 mg	Protein	2 g	Iron	.7 mg
Total Fat	6.2 g	Total Carbohydrate	20 g	Vitamin A	81 RE		
Saturated Fat	3.5 g	Dietary Fiber	0 g	Vitamin C	3 mg		

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CRANBERRIES, SLICED, DRIED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Sweetened **dried cranberries** are processed from whole premium USDA Grade No. 1 fresh cranberries. They are sprayed with a sugar solution to balance tartness and give them appropriate texture and mouthfeel. They are also sprayed with oil to prevent sticking together.

Pack/Yield

Dried cranberries are packed in 30 ounce pouches. Each bag provides 28 ¼-cup servings.

Storage

- Store unopened dried cranberries in a cool, dry place off the floor not exceeding 65°F. Shelf life is extended if stored below 45°F.
- For best quality, unopened and opened, dried cranberries should be used within 12 months if stored below 65°F; 18 months if stored below 45°F. Best storage is at low humidity, so refrigeration is excellent for storage.

Uses and Tips

- Dried cranberries are a quick and easy snack, and can be eaten right out of the package.

(See recipes on reverse side)



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- Use as a tasty addition to trail mix, quick breads, muffins, desserts, sauces, salsa, and salads.
- Sprinkle dried cranberries over cold or cooked cereals – dried cranberries can also be cooked in the cereal.
- Dried cranberries are a delicious addition to chopped chicken or turkey salads.

Nutrition Information

- Dried **cranberries** are a no-fat, no cholesterol, no sodium food.
- ¼cup of dried cranberries provides ½serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size ¼cup (30g) dried cranberries			
Amount Per Serving			
Calories	97	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	23g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	1%
*Percent Daily Values are based on a 2,000 calorie diet.			

Cranberry Granola Bars

½cup honey
2 tablespoons + 2 teaspoons brown sugar
1 tablespoon + 1 teaspoon oil
1½cups oats
1½cups toasted rice cereal
1½cups dried cranberries

Recipe provided by Ocean Spray Test Kitchen

1. Combine honey, brown sugar, and oil in a small saucepan. Heat over low heat until well mixed.
2. Mix oats, rice cereal, and cranberries. Add honey mixture and stir until thoroughly combined.
3. Pat firmly into an 8" x 8" baking pan.
4. Bake in 350°F oven for 15 minutes; press mixture firmly, once more, into the bottom of the pan. Bake 5 more minutes.
5. Cool completely. Refrigerate, at least one hour, for easier cutting. Cut 4x6 for **24 bars**.

Nutrition Information for each serving of Cranberry Granola Bars:

Calories	79	Cholesterol	0 mg	Sugar	12 g	Calcium	4 mg
Calories from Fat	9	Sodium	11 mg	Protein	0 g	Iron	.3 mg
Total Fat	1.0 g	Total Carbohydrate	16 g	Vitamin A	19 RE		
Saturated Fat	.1 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Crimson Slaw

½head (1 pound 8 ounces) red cabbage, shredded
½red onion, thinly sliced
¼onion, thinly sliced
4 tablespoons oil
2 tablespoons vinegar
2 tablespoons sugar
½teaspoon salt
¼teaspoon black pepper
1 ½cups dried cranberries

1. Toss cabbage and onions together in a large mixing bowl.
2. Mix oil, vinegar, sugar, salt, and pepper together in a small bowl to make a dressing.
3. Pour dressing over cabbage mixture; toss with cranberries.
4. Marinate in refrigerator for 1 hour.

Serves 6

Recipe provided by Ocean Spray Cranberries, Inc.

Nutrition Information for each serving of Crimson Slaw:

Calories	231	Cholesterol	0 mg	Sugar	34 g	Calcium	62 mg
Calories from Fat	84	Sodium	206 mg	Protein	1 g	Iron	.8 mg
Total Fat	9.4 g	Total Carbohydrate	36 g	Vitamin A	4 RE		
Saturated Fat	1.6 g	Dietary Fiber	3 g	Vitamin C	65 mg		

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CRANBERRY JUICE DRINK CONCENTRATE, SWEETENED, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned Cranberry Juice Concentrate needs to be reconstituted for use as a juice drink. It is made from cranberry juice, cranberry juice concentrate, and sweeteners. It is fortified with vitamin C. It contains no artificial flavor, color, or preservative. When diluted with three parts water (3 + 1), this product provides 27% juice.

Pack/Yield

Cranberry Juice Concentrate is packed in: 11.5-ounce cans, which, when reconstituted, will make 46 ounces of juice drink.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of grape juice concentrate should be used within 9 months.
- Store reconstituted juice in the refrigerator and use within 5 to 7 days.

Uses and Tips

- It is not necessary to reconstitute a whole can at one time. A smaller amount of juice can be made by reconstituting at a ratio of 3 parts water to 1 part juice concentrate (3 + 1).

(See recipes on reverse side)



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- Each 11.5-ounce can makes 7 2/3 6-ounce servings.
- Cranberry juice can be served as a beverage or used as a base for punch.
- Cranberry juice is delightful combined with other juices such as apple or grape.

Nutrition Information

- **Cranberry Juice Concentrate** is fortified so it is a good source of vitamin C.
- Cranberry Juice Concentrate is low in fat, saturated fat, and sodium. It contains no cholesterol.
- 1/2 cup of reconstituted cranberry juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 3/4 cup (6 ounces) reconstituted cranberry juice

Amount Per Serving

Calories	105	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	18mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		0%
Sugars	24g		
Protein	0g		
Vitamin A	0%	Vitamin C	86%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Festive Punch

4 cups reconstituted cranberry juice concentrate
2 cups orange juice
12 ounces lemon-lime soda
Ice cubes (optional)
1 orange (optional)

Recipe provided by AI's Punch Bowl Recipes

1. Chill juice and soda.
2. Combine juices in a punch bowl.
3. Pour lemon-lime soda down the sides to preserve the carbonation. Add ice cubes.
4. Punch can be garnished with tiny wedges of fresh orange, for color, interest, and flavor (cut an orange into eighths, then each eighth into tiny cross-wise wedges).

Makes 15 ½-cup servings

Nutrition Information for each serving of Festive Punch:

Calories	61	Cholesterol	0 mg	Sugar	14 g	Calcium	5 mg
Calories from Fat	0	Sodium	4 mg	Protein	0 g	Iron	.2 mg
Total Fat	.1 g	Total Carbohydrate	15 g	Vitamin A	5 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	35 mg		

Tangy Cranberry Ice

3 cups reconstituted cranberry juice concentrate
1½teaspoons grated orange rind
1½cups orange juice
Thin orange slices for garnish (optional)

Recipe provided by Northland

1. Combine reconstituted cranberry juice, orange juice, and orange rind.
2. Freeze in ice cube tray until firm.
3. Spoon frozen mixture into a bowl and beat at low speed, with an electric mixer, until smooth.
4. Spoon into individual dessert cups.
5. Freeze again until ready to serve.

Makes 9 ½-cup servings

Nutrition Information for each serving of Tangy Cranberry Ice:

Calories	65	Cholesterol	0 mg	Sugar	15 g	Calcium	6 mg
Calories from Fat	0	Sodium	2 mg	Protein	0 g	Iron	.3 mg
Total Fat	.1 g	Total Carbohydrate	16 g	Vitamin A	7 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	44 mg		

Triple-Cranberry Sauce

1 cup cranberry juice concentrate
1/3 cup sugar
1 12-ounce package fresh or frozen cranberries, rinsed and drained
½cup dried cranberries (about 2 ounces)
3 tablespoons orange marmalade
2 tablespoons orange juice
2 teaspoons grated orange peel
½teaspoon ground allspice (optional)

Recipe provided by Bon Appetit

1. Combine cranberry juice concentrate and sugar in medium saucepan.
2. Bring to boil over high heat, stirring until sugar dissolves.
3. Add fresh and dried cranberries and cook until dried berries begin to soften and fresh berries begin to pop, stirring often, about 7 minutes.
4. Remove from heat and stir in orange marmalade, orange juice, orange peel, and allspice.
5. Cool completely – cover and chill until cold, about 2 hours.
6. Can be made up to 3 days ahead, refrigerated.

Makes about 14 ¼-cup servings

Nutrition Information for each serving of Triple-Cranberry Sauce:

Calories	67	Cholesterol	0 mg	Sugar	8 g	Calcium	3 mg
Calories from Fat	0	Sodium	0 mg	Protein	0 g	Iron	0 mg
Total Fat	0 g	Total Carbohydrate	17 g	Vitamin A	1 RE		
Saturated Fat	0 g	Dietary Fiber	1 g	Vitamin C	13 mg		

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CRANBERRY SAUCE

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Canned cranberry sauce is a strained jellied or semi-jellied product prepared from clean, sound, mature cranberries sweetened with high fructose corn syrup/corn sweetener and water.

Pack/Yield

Cranberry sauce is packed in 16 ounce cans. Each can will provide eight $\frac{1}{2}$ cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For best quality, unopened cans of cranberry sauce should be used within 12 to 18 months.
- Store leftover cranberry sauce in a covered container and refrigerate. Use within 2 to 3 weeks.

Uses and Tips

- Canned cranberry sauce can be used right out of the can and served with poultry or pork.

(See recipes on reverse side)



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- Use canned cranberry sauce in sauce recipes, such as barbecue.
- Use canned cranberry sauce in fruit desserts or salads.

Nutrition Information

- **Cranberry Sauce** is a no-fat, no-cholesterol, low sodium food.
- $\frac{1}{2}$ cup of cranberry sauce provides $\frac{1}{2}$ serving from the **FRUIT GROUP of the Food Guide Pyramid**.

Nutrition Facts			
Serving size $\frac{1}{2}$ cup (70g) canned cranberry sauce			
Amount Per Serving			
Calories	110	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	26g		8%
Dietary Fiber	0g		0%
Sugars	21g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet.			

Glazed Pork Roast

- 1 16-ounce can cranberry sauce
- 1/3 cup orange juice
- 1/2 teaspoon grated orange rind
- 1/2 teaspoon dried sage
- 2 1/2 pound to 3 1/2 pound boneless pork roast
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Recipe provided by Ocean Spray

1. In a medium saucepan combine the cranberry sauce, orange juice, orange rind, and sage. Bring mixture to a boil over medium heat. Reduce heat and simmer, uncovered for 5 minutes. Set aside 1 cup glaze to serve with cooked pork.
2. Place pork roast in a 13" x 9" roasting pan. Season with salt and pepper. Bake, uncovered, for 1 hour until internal temperature reaches 160°F on a meat thermometer. Baste frequently with remaining glaze during baking. Discard any unused basting glaze.
3. Let roast stand 10 minutes before serving. Serve glaze either warm or room temperature.

Makes 6 to 8 servings

Nutrition Information for each serving of Glazed Pork Roast:

Calories	435	Cholesterol	87 mg	Sugar	19 g	Calcium	38 mg
Calories from Fat	148	Sodium	305 mg	Protein	40 g	Iron	1.2 mg
Total Fat	16.5 g	Total Carbohydrate	29 g	Vitamin A	5 RE		
Saturated Fat	5.6 g	Dietary Fiber	1 g	Vitamin C	7 mg		

Apple-Cranberry Crisp

Topping

- 1 1/2 cups oatmeal
- 1/2 cup brown sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon cinnamon
- 1/2 cup margarine, melted
- 2 tablespoons water

Filling

- 1 16-ounce can cranberry sauce
- 2 tablespoon cornstarch
- 5 cups peeled, thinly-sliced apples (about 5 medium)

Topping

1. Preheat oven to 375°F. Combine oats, brown sugar, flour, and cinnamon. Blend in melted margarine and water. Mix until crumbly.

Filling

2. Combine cranberry sauce and cornstarch in a large saucepan. Mix well. Heat over medium-high heat, stirring occasionally, 2 minutes until sauce bubbles. Add apples, tossing to coat. Spoon into 8" square baking pan. Spread crumbled topping over fruit.
3. Bake at 375° 25-35 minutes until apples are tender. Serve warm.

Makes 9 servings

Recipe provided by Cala Creek Consumer Alert

Nutrition Information for each serving of Apple Cranberry Crisp:

Calories	274	Cholesterol	0 mg	Sugar	36 g	Calcium	28 mg
Calories from Fat	49	Sodium	114 mg	Protein	1 g	Iron	2.8 mg
Total Fat	5.4 g	Total Carbohydrate	56 g	Vitamin A	159 RE		
Saturated Fat	1.0 g	Dietary Fiber	2 g	Vitamin C	2 mg		

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DEHYDRATED DICED/SLICED POTATOES

DRY

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Dehydrated diced/sliced potatoes are uncooked potatoes with most of the water removed.

Pack

- **Diced** potatoes are packaged in a 2½-pound plastic bag. Each bag will make 48, ½cup servings of **diced** potatoes.
- **Sliced** potatoes are packaged in a 5-pound laminated paper bag. Each bag will make 96, ½ cup servings of **sliced** potatoes.

Storage

- **Store** potatoes at room temperature. After opening, store in airtight container in the refrigerator.
- For **best quality**, use unopened potatoes within 6 to 12 months of receipt.

Uses and Tips

- Completely cover potatoes with water during cooking.
- If using in recipes that need more cooking, cook potatoes for only 15 minutes.
- For added convenience, cook potatoes the day before, drain, and refrigerate them in a closed container overnight. Use within 3 days.
- **Uncooked** potatoes can also be used in some recipes - diced/sliced are interchangeable.



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- Serve cooked potatoes as a vegetable topped with grated cheese or as an ingredient in other recipes such as potato salad, casseroles, soups, and stews

Cooking

Bring 2 cups water and ¼teaspoon salt (optional) to a boil. Add 2 cups potatoes. Cook on low heat for 20 minutes or until tender. Drain any excess water from potatoes. (Makes four ½cup servings.)

Nutrition Information

- **Potatoes** are a source of fiber, vitamins C and B-6, niacin, and potassium as well as other Vitamins and minerals. Potatoes contain little Fat and have no cholesterol or saturated fat.
- ½cup diced or sliced potatoes provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts			
Serving size ½cup (113g) rehydrated cooked potatoes			
Amount Per Serving			
Calories	78	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	15mg		0%
Total Carbohydrate	18		6%
Dietary Fiber	0		0%
Sugars	0g		
Protein	1g		
Vitamin A	0%	Vitamin C	5%
Calcium	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

Scalloped Potatoes

1 teaspoon vegetable oil
 2½ cups **uncooked** dehydrated sliced potatoes
 1 cup milk, made from nonfat dry milk powder
 3 tablespoons butter
 3 tablespoons flour
 ½ teaspoon salt
 ¼ teaspoon black pepper
 2 teaspoons finely chopped onion
 2 cups milk, made from nonfat dry milk powder

1. Oil an 8" by 8" baking pan.
2. Arrange potatoes on bottom of pan.
3. Cover with 1 cup milk.
4. Melt butter in a small pot on low heat until bubbly.
5. Add flour, salt, pepper, and onion; stir until mixture bubbles, about 2 minutes.
6. Slowly add 2 cups milk; stirring constantly on medium heat until sauce is smooth and bubbly; about 5 minutes.
7. Pour sauce over potatoes and bake at 375°F for 45 minutes or until lightly browned.

Makes six ½-cup servings

Variation: **Skillet Scalloped Potatoes** - Prepare as directed for **Scalloped Potatoes**, except arrange potatoes in a 8" skillet coated with oil; cover with 1 cup milk, then sauce. Cover and cook on low heat for 30 minutes or until edges bubble.

Nutrition Information for each serving of Scalloped Potatoes:

Calories	172	Cholesterol	18 mg	Sugar	6 g	Calcium	161 mg
Calories from Fat	58	Sodium	332 mg	Protein	6 g	Iron	0.5 mg
Total Fat	6.5 g	Total Carbohydrate	22 g	Vitamin A	133 RE		
Saturated Fat	4.0 g	Dietary Fiber	1 g	Vitamin C	6 mg		

Dutch Potato Salad

2 cups water
 1¼ cups **uncooked** dehydrated diced potatoes
 1½ teaspoons finely diced onion
 1 tablespoon finely diced green pepper
 1 hard cooked egg, peeled, diced
 1 slice bacon, finely diced
 1 tablespoon flour
 2 tablespoons sugar
 ¾ teaspoon salt
 2½ tablespoons vinegar
 ¼ cup water

1. In a medium saucepan, add water to potatoes.
2. Bring to a boil. Cover and cook on low for 15 minutes.
3. Refrigerate potatoes in cooking water for 2 hours or overnight. Drain chilled potatoes.
4. Stir in onion, green pepper, and hard cooked egg.
5. In a small saucepan, cook diced bacon. *Do not drain fat.*
6. Stir in flour, sugar, and salt.
7. Add vinegar and ¼ cup water.
8. Heat over medium heat until thickened and bubbling, about 2 minutes.
9. Pour over potatoes and mix. Serve warm or chill at least two hours.

Makes five ½-cup servings

Variation: Instead of bacon, brown 1 ½ tablespoons finely chopped luncheon meat in 1 teaspoon vegetable oil.

Nutrition Information for each serving of Dutch Potato Salad:

Calories	114	Cholesterol	43 mg	Sugar	5 g	Calcium	14 mg
Calories from Fat	18	Sodium	395 mg	Protein	3 g	Iron	0.6 mg
Total Fat	2.0 g	Total Carbohydrate	21 g	Vitamin A	20 RE		
Saturated Fat	0.6 g	Dietary Fiber	1 g	Vitamin C	7 mg		

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FIGS, Whole

Dried

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Dried Figs are U.S. Grade B or better, packed whole and loose.

Pack

Dried Figs are packed in 1 pound packages.

Storage

- Store figs in a cool, dry place. The low-moisture level and high natural sugar level prevent rapid spoilage.
- After opening, carefully reclose open packages to prevent insect infestation.
- The natural fruit sugar crystallizes after figs have been stored for a considerable time, forming a harmless, white coating. This crystallized fruit sugar can be removed by washing figs with warm water.
- For **best quality**, opened packages of dried figs should be used within 6 months. After opening, store in the refrigerator. Unopened bags will keep for two years.

Uses and Tips

- Figs contain natural moisture-preserving qualities which help to keep baked goods fresher longer.
- Figs are a ready-to-eat snack; they can be added to a mix of nuts and raisins, or sprinkled on top of dry or cooked cereals.
- Add sliced or chopped figs to muffins, breads, cookies, and other desserts.
- Toss in salads.

- Figs can also be used in ham, chicken, and turkey main dishes, sandwiches, and in sauces.



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Preparation/Cooking

- For baking and cooking: remove the stem with a knife or scissors. Chop or cut fig into pieces and substitute for raisins in baked items. Dip the scissors in water frequently to prevent stickiness when cutting figs.
- To stew: Cover figs with water and simmer for 30 minutes or until soft.

Nutrition Information

- ***Dried Figs*** are a significant source of dietary fiber, providing nearly 25% of the daily recommended allowance. They are low in fat and sodium.
- 1/4 cup of dried, uncooked figs provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts			
Serving size 1/4 cup (three each) (49g) dried, uncooked figs			
Amount Per Serving			
Calories	126	Fat Cal	5
% Daily Value*			
Total Fat	0.5g		0%
Saturated Fat	0.1g		0%
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	32g		10%
Dietary Fiber	6g		24%
Sugars	0g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	7%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

Lowfat Chocolate Fig Cake

1 cup chopped dried figs
1 cups boiling water
1 teaspoon baking soda
1/2 cup oil
1/2 cup sugar
1/2 cup applesauce
1/2 cup eggs (2 each)
3 tablespoons cocoa
1 1/4 cups + 2 tablespoons flour
2 teaspoons vanilla

Recipe provided by "Food Management" magazine

1. Grease and flour a 8"x12" pan. Preheat oven to 350°F.
2. Place figs in a bowl; pour boiling water over the top and sprinkle with baking soda. Mix and allow to stand until cool.
3. Combine oil and sugar. Blend in eggs, applesauce, vanilla, salt, and cocoa.
4. Add flour alternately with cooled fig mixture.
5. Spread batter in pan.
6. Bake for 50 minutes until a toothpick inserted in the center comes out clean.
7. Cut 3 x 4.

Makes 12 servings

Nutrition Information for each serving of Lowfat Chocolate Fig Cake:

Calories	203	Cholesterol	35 mg	Sugar	23 g	Calcium	35 mg
Calories from Fat	50	Sodium	120 mg	Protein	3 g	Iron	1.1 mg
Total Fat	5.6 g	Total Carbohydrate	35 g	Vitamin A	20 RE		
Saturated Fat	1.1 g	Dietary Fiber	2 g	Vitamin C	0 mg		

Rice with Figs

2 cups (16 ounces) rice
2 2/3 cups chicken or beef broth
1 tablespoon butter
1 tablespoon oil
1/3 cup minced onions
1/2 cup chopped dried figs
1/2 cup chopped almonds

1. Prepare rice with 2 1/3 cups broth and butter according to package directions.
2. Add oil to onions, figs, and almonds in a medium skillet. Sauté 2-3 minutes until nuts are golden.
3. Add remaining 1/3 cup broth; heat through.
4. Toss fig mixture into cooked rice.

Makes 6 servings

Recipe provided by California Fig Advisory Board

Nutrition Information for each serving of Rice with Figs:

Calories	235	Cholesterol	5 mg	Sugar	11 g	Calcium	65 mg
Calories from Fat	99	Sodium	368 mg	Protein	6 g	Iron	1.6 mg
Total Fat	11.1 g	Total Carbohydrate	29 g	Vitamin A	21 RE		
Saturated Fat	2.4 g	Dietary Fiber	3 g	Vitamin C	0 mg		

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FINELY GROUND BEEF FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- Frozen finely ground beef is 100% beef.
- It is meant to be used in recipes which require a smoother, finer texture when completed.
- The average fat content is 16 percent.

Yield

Each 1-pound package makes about four 3-ounce cooked beef patties.

Storage

- Keep ground beef frozen at 0°F, or below, until ready to use.
- For **best quality**, use frozen ground beef by the "Best if Used By" date on the package.
- Once cooked, store leftover ground beef in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw wrapped ground beef in the refrigerator, on a platter to catch juices. Set on the lowest shelf away from other foods to prevent cross contamination.
- To thaw completely, thaw overnight in the refrigerator. Cook within 24 hours after thawing. For food safety reasons, **DO NOT** thaw the ground beef at room temperature.

(See recipes on reverse side)



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Cooking

Ground beef may be served as hamburger patties, cooked to an internal temperature of 160°F, as well as a main ingredient in a variety of mixed dishes, such as tacos, chili, spaghetti sauce, meat loaf, meatballs, or casseroles.

Uses and Tips

Finely ground beef can be used in virtually any recipe which calls for ground beef.

Nutrition Information

- ***Finely ground beef*** is a good source of protein, zinc, and iron, as well as other vitamins and minerals.
- 2 to 3 ounces of cooked beef provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid

Nutrition Facts			
Serving size 3 ounces (85g) cooked ground beef			
Amount Per Serving			
Calories	220	Fat Cal	125
% Daily Value*			
Total Fat	13.9g		21%
Saturated Fat	4.8g		24%
Cholesterol	75mg		25%
Sodium	80mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	22g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	14%
*Percent Daily Values are based on a 2,000 calorie diet.			

Piquant Meat Loaf

½cup catsup
 1/3 cup tomato juice
 ½teaspoon salt
 ½teaspoon black pepper
 2 eggs (or equivalent egg mix), beaten
 ½cup fresh bread crumbs
 ½cup finely chopped onions
 2 teaspoons prepared mustard
 1½pounds finely ground beef

Topping

½cup catsup
 ½teaspoon prepared mustard
 2 teaspoons brown sugar

Recipe provided by "Great American Recipes"

1. In a large bowl, combine catsup, tomato juice, salt, pepper, eggs, bread crumbs, onions, and mustard.
2. Add ground beef and mix thoroughly.
3. Press beef mixture into a lightly oiled 9" x 5" loaf pan.

1. In a small bowl combine topping ingredients.
2. Spread over the top of the raw meat loaf mixture.
3. Bake at 400°F for 35-45 minutes, until internal temperature is at least 160°F.
4. Drain off fat and discard. Allow to stand for 5 minutes to allow meat loaf to firm up for slicing.
5. Slice into **six portions**.

Nutrition Information for each serving of Piquant Meat Loaf:

Calories	314	Cholesterol	137 mg	Sugar	5 g	Calcium	34 mg
Calories from Fat	159	Sodium	726 mg	Protein	23 g	Iron	2.6 mg
Total Fat	17.7 g	Total Carbohydrate	14 g	Vitamin A	73 RE		
Saturated Fat	6.7 g	Dietary Fiber	0 g	Vitamin C	6 mg		

Aloha Meatballs

1/3 cup saltine crackers, crushed
 1 tablespoon minced onion
 1/3 cup 1% milk
 1 egg (or equivalent egg mix), beaten
 ½teaspoon salt
 12 ounces (3/4 lb.) finely ground beef

Sauce

1 8-ounce can pineapple chunks in juice water
 ½cup ½"-square pieces green pepper
 1/8 teaspoon garlic powder
 1/8 teaspoon black pepper
 1½teaspoons Worcestershire sauce
 1 tablespoon cornstarch
 1 tablespoon water

1. Soak crackers and onion in milk until all milk is absorbed.
2. Beat in egg and seasonings with a fork.
3. Thoroughly mix in ground beef.
4. Form mixture into 12 balls.
5. Brown raw meatballs in hot fry pan about 10 minutes, turning frequently.

1. Drain pineapple, saving juice - set chunks aside.
2. Add water to reserved pineapple juice to make ¾ cup.
3. Pour liquid over meatballs, bring to a boil, reduce heat, cover and simmer for 5 minutes.
4. Add reserved pineapple chunks and green pepper squares.
5. Mix seasonings, cornstarch and water. Stir into mixture. Cook until thickened, about 2 minutes.

Makes 4 servings of three meatballs plus 3/8 cup fruit and sauce per person.

Nutrition Information for each serving of Aloha Meatballs:

Calories	278	Cholesterol	103 mg	Sugar	1 g	Calcium	59 mg
Calories from fat	135	Sodium	293 mg	Protein	18 g	Iron	2.2 mg
Total Fat	15.0 g	Total Carbohydrate	16 g	Vitamin A	43 RE		
Saturated Fat	5.3 g	Dietary Fiber	1 g	Vitamin C	18 mg		

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GOOSE

FROZEN WHOLE

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/05/01

Product Description

Frozen non-basted (no solution or ingredients added) whole young geese, ready to cook, are U.S. Grade A, weighing 10-14 pounds with necks and giblets.

Pack

Geese are packed as whole frozen birds with necks and giblets in a bag.

Storage

- Keep goose frozen at 0°F or below in original package.
- For **best quality**, use goose within 6 months.
- Store leftover cooked goose in a covered container and refrigerate. Use within 2 to 3 days.
- Leftover cooked goose can be frozen at 0°F or below for up to 1 month.

Uses and Tips

- Allow 8 to 12 ounces of frozen goose for each 3 ounce cooked serving.
- Thaw goose completely, under refrigeration, before cooking. (Depending on the size of the bird, thaw for 1½ to 2½ days.) Place goose, in its original wrap, on a tray to catch juices.

- Leftover stuffing, gravy, and meat should be refrigerated separately as soon as possible after serving.



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- Heat all leftovers to an internal temperature of 165°F before serving.

Nutrition Information

- **Goose**, an all dark-meat poultry product, has a cholesterol level on a par with roasted chicken, or canned salmon.
- 2 to 3 ounces of goose provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts			
Serving size 3½ ounces (100g) roasted goose			
Amount Per Serving			
Calories	238	Fat Cal	113
% Daily Value*			
Total Fat	12.6g		19%
Saturated Fat	4.5g		22%
Cholesterol	96mg		32%
Sodium	76mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	28g		
Vitamin A	0%	Vitamin C	0%
Calcium	14%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet.

Roast Goose with Fruit Stuffing

1 thawed raw goose, 12-14 pounds
 1/3 cup butter
 1/2 cup chopped celery
 1/2 cup chopped onion
 8 cups day-old bread cubes
 3 cups chopped unpared apples
 1 cup raisins
 1 1/2 teaspoon salt
 1/2 teaspoon black pepper
 1/2 teaspoon thyme or sage

Dressing recipe makes 8 1-cup servings.

*Recipe provided by Wenk Foods,
 Madison, South Dakota*

* Can be cooked in water to cover, with onion, celery, and seasonings to make gravy - or save to make soup. Simmer, all but liver, for 1 hour until tender. Add liver last and cook only for 10 minutes longer.

1. Preheat oven to 400 F.
2. In a large pan, cook celery and onion in butter until tender, stirring occasionally.
3. Remove from heat and add bread cubes, apples, raisins, and seasonings. Set aside.
4. Remove neck and giblets from goose.* Remove excess fat from body cavity and neck skin and discard. Pat goose dry with paper towels. Wings may be removed at second joint and cooked later* or leave wings attached and bend them to the back.
5. Fill neck and body cavities with prepared fruit stuffing mixture.
6. Fold neck skin to back and turn under, covering opening (can fasten with skewers or toothpicks if you have them). Tie legs together or tuck in band of skin at tail, if present.
7. Place goose, breast-side up, on rack in large pan. Insert meat thermometer deep into thigh muscle, not touching bone.
8. Roast, uncovered, for 1 hour at 400°F.
9. Reduce temperature to 325°F and continue roasting for 2 to 2 1/2 hours until meat thermometer reaches 180 °F.
10. During roasting, spoon off and discard accumulated fat at 30-minute intervals.
11. When roasting is complete, remove goose to a platter and allow to stand 20 minutes for easier carving.

Nutrition Information for each serving of Roast Goose with Dried-Fruit Stuffing:

Calories	259	Cholesterol	21 mg	Sugar	23 g	Calcium	64 mg
Calories from Fat	85	Sodium	685 mg	Protein	3 g	Iron	1.6 mg
Total Fat	9.5 g	Total Carbohydrate	42 g	Vitamin A	83 RE		
Saturated Fat	5.5 g	Dietary Fiber	3 g	Vitamin C	6 mg		

Old-Fashioned Goose Giblets and Barley Soup

2 tablespoons butter
 1 cup sliced onion
 Goose giblets, neck, and carcass
 5 cups water
 1 teaspoon salt
 1/2 teaspoon celery salt
 1 1-pound can tomatoes
 1 cup barley
 1 beef broth cube
 1/2 teaspoon thyme

1. Melt butter in soup pot. Saute onion until limp, but not browned.
2. Add giblets, neck, carcass, water, salt, and celery salt.
3. Bring to a boil, reduce heat, cover, and simmer 1 hour.
4. Remove loose meat and bones with a slotted spoon. Cut meat from neck and carcass and finely chop giblets; return meat to soup pot.
5. Add tomatoes, barley, beef broth cube, and thyme.
6. Return soup to a boil, reduce heat, cover and simmer for 1 additional hour.

Makes 4 2-cup servings

Recipe provided by Schiltz Foods, Sisseton, South Dakota

Nutrition Information for each serving of Old Fashioned Goose Giblets and Barley Soup:

Calories	321	Cholesterol	167 mg	Sugar	4 g	Calcium	52 mg
Calories from fat	81	Sodium	1363 mg	Protein	17 g	Iron	4.6 mg
Total Fat	9.0 g	Total Carbohydrate	42 g	Vitamin A	792 RE		
Saturated Fat	4.5 g	Dietary Fiber	9 g	Vitamin C	9 mg		

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GRAPEFRUIT JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned unsweetened grapefruit juice is 100% juice, with no added sweeteners.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{1}{2}$ cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of grapefruit juice should be used within 12 to 18 months.
- Store leftover grapefruit juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Blend grapefruit juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Mix $\frac{1}{2}$ cup juice with $\frac{1}{2}$ cup sparkling water for a sparkling soda.

(See recipes on reverse side)



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Nutrition Information

- **Grapefruit Juice** provides less than 80 calories per serving and is low in fat and sodium.
- One serving of grapefruit juice provides about 90% of your daily value for vitamin C.
- A $\frac{1}{2}$ cup serving of grapefruit juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size $\frac{1}{2}$ cup (177ml)

Canned grapefruit juice

Amount Per Serving

Calories	70	Fat Cal	1
% Daily Value*			
Total Fat	.1g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	16g		5%
Dietary Fiber	<0.5g		0%
Sugars	13g		
Protein	0g		
Vitamin A	0%	Vitamin C	90%
Calcium	1%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Citrus Soother

1 cup grapefruit juice
3 cups orange juice
½ cup honey*
1/8 teaspoon cinnamon (optional)

Heat in a medium saucepan the grapefruit juice, orange juice, honey*, and cinnamon just until warm.

Makes 4 8-ounce servings

Recipe provided by Florida Department of Citrus

*Honey is not recommended for children under 1 year of age.

Nutrition Information for each serving of Citrus Soother:

Calories	166	Cholesterol	0 mg	Sugar	41 g	Calcium	20 mg
Calories from Fat	2	Sodium	5 mg	Protein	1 g	Iron	1.0 mg
Total Fat	.3 g	Total Carbohydrate	41 g	Vitamin A	34 RE		
Saturated Fat	.0 g	Dietary Fiber	0 g	Vitamin C	82 mg		

Florida's Favorite Chicken

2 skinless, boneless chicken breast halves
2 tablespoons chicken broth
2 tablespoons chopped onion
1 tablespoon cornstarch
1 tablespoon water
1 cup grapefruit juice
2 tablespoons chopped walnuts

1. In skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
2. Chop into bite-sized pieces and set aside.
3. In same skillet, lightly cook onion until transparent.
4. Mix cornstarch and water and add to onion.
5. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.
6. Mix in chicken and walnuts. Simmer until heated through.

Recipe provided by Florida Department of Citrus

Makes 2 servings

Nutrition Information for each serving of Florida's Favorite Chicken:

Calories	402	Cholesterol	148 mg	Sugar	9 g	Calcium	44 mg
Calories from Fat	99	Sodium	179 mg	Protein	56 g	Iron	2.3 mg
Total Fat	11.0 g	Total Carbohydrate	17 g	Vitamin A	12 RE		
Saturated Fat	2.2 g	Dietary Fiber	0 g	Vitamin C	36 mg		

Easy Grapefruit Parfaits

1 4-oz package cook and serve vanilla pudding
1½ cups grapefruit juice
8 ounces vanilla lowfat yogurt
½ cup crushed graham crackers

1. Prepare pudding mix according to package directions, substituting the grapefruit juice for the milk.
2. After cooking, chill the pudding.
3. After chilling, fold the yogurt into the pudding.
4. Divide 1/3 of pudding among six glasses.
5. Sprinkle with half of the crushed graham crackers.
6. Repeat layers, then top with remaining 1/3 of pudding.

Recipe Provided by Florida Department of Citrus

Makes 6 servings

Nutrition Information for Each Serving of Easy Grapefruit Parfaits:

Calories	184	Cholesterol	2 mg	Sugar	26 g	Calcium	78 mg
Calories from Fat	17	Sodium	243 mg	Protein	3 g	Iron	.3 mg
Total Fat	1.9 g	Total Carbohydrate	38 g	Vitamin A	14 RE		
Saturated Fat	.6 g	Dietary Fiber	0 g	Vitamin C	21 mg		

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GROUND BISON

FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Ground Bison** (also known as buffalo), is frozen and packaged in 1-pound chubs.
- Ground Bison contains about 11% fat compared to 16% for commodity ground beef.

Yield

Each pound of cooked ground bison will provide about four 3-ounce servings.

Storage

- Keep ground bison frozen at 0°F or below until ready to use.
- For **best quality**, use frozen bison by the "Best if Used By" date on the package.
- Once cooked, store leftover bison meat in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw wrapped ground bison in the refrigerator, on a platter to catch the juices. Set on the lowest shelf away from other foods to prevent cross contamination.
- Thawing overnight in the refrigerator is best. Cook within 24 hours after thawing. For food safety reasons, **do not** thaw the bison at room temperature.

Uses and Tips

Use ground bison in any ground beef recipe.

(See recipes on reverse side)



U.S. Department of Agriculture

Cooking

- To be sure all bacteria in ground bison are destroyed, cook meat loaf, meat balls, casseroles, and hamburgers to 160°F. Use a meat thermometer to ensure proper degree of doneness.
- Bison will cook faster than beef because there is less fat.
- The key to cooking ground bison meat properly is to cook it slowly on low heat.

Nutrition Information

- **Bison** is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, potassium, and zinc as well as other vitamins and minerals.
- 2 to 3 ounces of bison provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts ¹			
Serving size 3 ounces (85g) cooked ground bison			
Amount Per Serving			
Calories	202	Fat Cal	103
% Daily Value*			
Total Fat	11.5g		17%
	Saturated Fat 8.1		40%
Cholesterol	45mg		15%
Sodium	122mg		5%
Total Carbohydrate	2g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	22g		
Vitamin A	1%	Vitamin C	9%
Calcium	0%	Iron	17%
*Percent Daily Values are based on a 2,000 calorie diet.			
¹ Based on a 4-ounce uncooked portion - provided by Kansas State University, Manhattan, Kansas			

Bison Chili

1 pound ground bison
1 medium onion, chopped
1 16-ounce can pinto or kidney beans, rinsed and drained
2 16-ounce cans tomatoes
½cup water
2 teaspoons chili powder
½teaspoon salt
½teaspoon ground pepper

1. Cook the ground bison and onion in a skillet on low heat until meat is browned and the onion is tender, about 10 minutes.
2. Add the beans, tomatoes, water, and seasonings.
3. Cover and simmer on low heat for 1 hour, adding more water if chili becomes too thick.

Recipe provided by Buffalo Stamped

Makes about 7 (1 cup) servings

Nutrition Information for each serving of Bison Chili

Calories	136	Cholesterol	30 mg	Sugar	4 g	Calcium	65 mg
Calories from Fat	15	Sodium	578 mg	Protein	15 g	Iron	2.5 mg
Total Fat	1.7 g	Total Carbohydrate	15 g	Vitamin A	36 RE		
Saturated Fat	0.5 g	Dietary Fiber	4 g	Vitamin C	18 mg		

Bison Loaf

2 pounds ground bison
1½cups soft bread crumbs (2 slices of bread) or
½cup fine dry bread crumbs
1 egg
½cup 1% milk
½cup onion, chopped
½medium green pepper, chopped
2 teaspoons Worcestershire sauce (optional)
1 teaspoon garlic powder
½teaspoon salt
½teaspoon pepper

1. In a large bowl, mix all ingredients together.
2. Form meat mixture into a loaf or pat into a lightly oiled loaf pan.
3. Bake in a 300°F oven for 45 minutes until internal temperature reaches 160°F.

Makes 1 loaf (about 12 1-slice servings)

Nutrition Information for each serving of Bison Loaf:

Calories	88	Cholesterol	53 mg	Sugar	0 g	Calcium	24 mg
Calories from fat	15	Sodium	74 mg	Protein	13 g	Iron	1.8 mg
Total Fat	1.7 g	Total Carbohydrate	3 g	Vitamin A	17 RE		
Saturated Fat	0.6 g	Dietary Fiber	0 g	Vitamin C	4 mg		

Deviled Bison Burgers

1 pound ground bison
1 tablespoon + 1 teaspoon ketchup
2 teaspoons hot pepper sauce
1 teaspoon Worcestershire sauce (optional)
1 teaspoon prepared mustard
½teaspoon salt
¼teaspoon ground pepper
5 soft sandwich rolls

1. In a bowl, mix all ingredients, except sandwich rolls, together. Form into 5 patties and place on the unheated rack of a broiler pan (or in a preheated skillet on the range-top).
2. Broil 3 to 4 inches from the heat for 12 to 15 minutes until internal temperature reaches 160°F.
3. Serve patties in soft sandwich rolls.

Makes 5 patties

Recipe provided by Nancy Snee, North Canton, Ohio

Nutrition Information for each serving of Deviled Bison Burger:

Calories	207	Cholesterol	55 mg	Sugar	2 g	Calcium	57 mg
Calories from fat	31	Sodium	555 mg	Protein	22 g	Iron	3.6 mg
Total Fat	3.4 g	Total Carbohydrate	19 g	Vitamin A	5 RE		
Saturated Fat	1.0 g	Dietary Fiber	1 g	Vitamin C	3 mg		

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PORK

GROUND, FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Ground Pork** is frozen **without** any seasoning. The average fat content is 16 percent.
- The ground pork is packed in either a 6-pound or 9-pound block.

Yield

One pound of cooked ground pork will provide about four 3-ounce servings of meat.

Storage

- Keep pork frozen at 0°F or below in original package.
- For **best quality**, use pork within 6 months of receipt.
- Store leftover pork in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw pork in original package in the refrigerator, on a platter to catch juices. Set on the lowest shelf away from other foods, to prevent cross contamination of bacteria.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the pork at room temperature. If thawing a partial package, remove only what is needed as it thaws--if ice crystals are present, it can safely be refrozen.

(See recipes and menu ideas on reverse side)



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Cooking

- For flavor variety, season ground pork before cooking. For sausage, try ginger, cinnamon, cloves, rosemary, pepper, chili powder, garlic, oregano, sage, or thyme.
- Cook ground pork within 24 hours after thawing. Do not refreeze completely thawed ground pork.
- Cook ground pork on low to medium heat until fully cooked to an internal temperature of 160°F (use a meat thermometer to test for doneness).

Nutrition Information

- **Pork** is a source of protein, potassium, phosphorus, niacin, thiamin, and other vitamins and minerals.
- 2 to 3 ounces of pork provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 3 ounces (85g) cooked ground pork			
Amount Per Serving			
Calories	300	Fat Cal	185
% Daily Value*			
Total Fat	20.6g		31%
Saturated Fat	6.2g		31%
Cholesterol	119mg		39%
Sodium	86mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	26g		
Vitamin A	0%	Vitamin C	4%
Calcium	0%	Iron	9%
*Percent Daily Values are based on a 2,000 calorie diet.			

Pineapple Pork Patties

1½ pounds ground pork
 1 egg
 2 cloves garlic, minced (or ½ tsp. garlic powder)
 1 medium onion, finely chopped
 1 medium green pepper, seeded and finely chopped
 ½ teaspoon pepper
 8 large soft sandwich rolls
 8 slices canned pineapple, drained well (or use 2 cups drained pineapple chunks)

1. In a bowl, combine pork, egg, garlic, onion, green pepper, and pepper; form into 8 patties.
2. Heat skillet over medium heat; add patties and cook, turning once, until meat is well-browned on both sides and no longer pink when cut open (internal temperature of 160°F) (6 to 7 minutes on each side). Remove patties from skillet and place one on the bottom half of each sandwich roll.
3. Add pineapple to skillet and cook until lightly browned on both sides. Place 1 slice (or ½ cup chunks) on top of each patty and serve.

Makes 8 (1 patty) servings

Nutrition Information for each Pineapple Pork Patty:

Calories	167	Cholesterol	29 mg	Sugar	2 g	Calcium	9 mg
Calories from Fat	65	Sodium	518 mg	Protein	22 g	Iron	1.3 mg
Total Fat	7.0 g	Total Carbohydrate	4 g	Vitamin A	15 RE		
Saturated Fat	1.5 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Porcupine Meatballs

1 pound ground pork
 1/3 cup uncooked rice
 ½ cup crushed saltine crackers
 1 egg
 1/3 cup lowfat milk or reconstituted nonfat dry milk
 ½ teaspoon black pepper

Sauce

½ cup minced fresh onion
 1 8-ounce can tomato sauce
 1 cup water

1. Mix ground pork, raw rice, crushed crackers, egg, milk, and pepper together.
2. Form into twelve meatballs and place in baking pan.
3. Combine minced onion, tomato sauce, and water to make a sauce. Pour sauce over the top of the meatballs.
4. Cover with lid or foil and bake for one hour at 350°F.

Makes 4 (3 meatballs) servings

Recipe provided by "Food Service Director" magazine

Nutrition Information for each serving of Porcupine Meatballs:

Calories	368	Cholesterol	106 mg	Sugar	3	Calcium	80 mg
Calories from fat	117	Sodium	575 mg	Protein	30 g	Iron	2.8 mg
Total Fat	13.1 g	Total Carbohydrate	31 g	Vitamin A	93 RE		
Saturated Fat	4.2 g	Dietary Fiber	1 g	Vitamin C	9 mg		

Ground Pork Menu Ideas

- Use ground pork in meat loaf, either alone or in combination with ground beef.
- Add cooked ground pork to chili and casseroles.
- Add cooked ground pork to spaghetti sauce.
- Use cooked ground pork as a pizza topping.
- Add cooked ground pork to prepared barbecue sauce; heat and serve on soft sandwich rolls.
- Add dry taco seasoning mix to cooked ground pork to make pork tacos.

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HAM

Water Added

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Ham** is frozen, fully cooked, cured and smoked, boneless, and whole.
- The ham has an outside casing which is a protective covering, and should be removed before serving.
- Each ham weighs about 3 pounds.

Yield

Expect a yield of approximately twelve 3-ounce servings per ham.

Storage

- Keep ham frozen at 0°F or below in original container.
- For **best quality**, use frozen ham by the "Best if Used By" date on the package.
- Store leftover ham in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw ham in original package in the refrigerator on a platter. Set on the lowest shelf away from other foods.
- Allow 3-5 hours per pound thawing time.
- For food safety reasons **do not** thaw the ham at room temperature.

Uses and Tips

Because this ham has been fully cooked, it can be served cold, without further cooking, in sandwiches, in salads, or on cold plates.

(See recipes on reverse side)



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Cooking

- Heat ham at 325°F oven temperature for about 2 hours to an internal temperature of 140°F.
- Heat ham with or without casing.

Nutrition Information

- **Ham** is a source of protein, potassium, phosphorus, and niacin as well as other vitamins and minerals.
- 2 to 3 ounces of ham provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 3 ounce (85g) ham			
Calories	97	Fat Cal	31
Amount Per Serving			
		% Daily Value*	
Total Fat	3.4g		5%
Saturated Fat	2.0g		6%
Cholesterol	38mg		12%
Sodium	765mg		31%
Total Carbohydrate	2g		0%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	13g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

Spanish Rice & Ham

1 tablespoon vegetable oil
 ½cup chopped onion
 ½cup chopped green pepper
 1 clove garlic, minced
 1 28-ounce can tomatoes, undrained, cut up
 ½cup raw rice
 1 teaspoon sugar
 1 teaspoon chili powder
 1/8 teaspoon pepper
 bottled hot pepper sauce to taste
 1 cup water
 2 cups cubed ham

1. In a large skillet, heat oil over low heat.
2. Add onion, green pepper, and garlic. Cook until tender, but not brown, about 5 minutes.
3. Stir in undrained tomatoes, rice, sugar, chili powder, pepper, hot pepper sauce (optional), water, and ham.
4. Bring to a boil; reduce heat to low. Cover and simmer for 20 minutes or until rice is tender and most of the liquid is absorbed.

Makes 7 (1 cup) servings

Nutrition Information for each serving of Spanish Rice & Ham:

Calories	177	Cholesterol	22 mg	Sugar	4	Calcium	44 mg
Calories from Fat	30	Sodium	725	g		Iron	2.0 mg
Total Fat	3.3 g	mg		Protein	13		
Saturated Fat	1.0 g	Total Carbohydrate	24 g	g			
		Dietary Fiber	2 g	Vitamin A	91 RE		
				Vitamin C	33 mg		

Tortattas (Egg-rich Pancakes)

5 large eggs (or ½package egg mix, reconstituted)
 2 tablespoons vegetable oil
 ½cup + 3 tablespoons cornmeal
 ½cup + 3 tablespoons flour
 1 ½teaspoons baking powder
 ½ teaspoon salt
 1 cup drained whole kernel corn
 ½cup ham, diced
 ¼cup + 3 tablespoons shredded carrots
 ¼cup + 3 tablespoons chopped onion

1. In a large bowl, blend eggs and oil together.
2. In a separate bowl mix cornmeal, flour, baking powder, and salt together. Blend into egg mixture.
3. Add corn, ham, carrots, and onion.
4. Oil a griddle or skillet and preheat over medium heat.
5. Ladle 1 ounce (2 tablespoons) of batter onto griddle. Cook until bubbles appear at edges, about 2 minutes. Turn over and cook until golden on other side, another 2 minutes. Remove to a platter and keep warm and covered.
6. Repeat until all batter is used.
7. Excellent served with salsa

Makes 5 servings of 4 pancakes each

Nutrition Information for each serving of Tortattas:

Calories		Cholesterol	219 mg	Sugar	3	Calcium	114
274		Sodium	768	g		mg	
Calories from Fat	107	mg		Protein	12	Iron	2.2 mg
Total Fat	11.9 g	Total Carbohydrate	26 g	g			
Saturated Fat	2.8 g	Dietary Fiber	2 g	Vitamin A	371 RE		
				Vitamin C	2 mg		

Ham Menu Ideas

- Add diced ham to soups and casseroles.
- Use sliced ham for sandwiches.
- Add strips of diced ham to tossed green salads, pasta salads, or ham salad sandwiches.
- Use diced ham in fried rice.
- Add diced ham to omelets, scrambled eggs, and egg casseroles.
- Use diced ham and pineapple chunks as pizza toppings

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LAMB

LEG or SHOULDER

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Lamb** is vacuum packaged, frozen, and ready-to-cook.
- The lamb comes in 2 different forms and sizes: **leg** (2 to 4 pounds) and **shoulder** (2 to 4 pounds).

Yield

Yield will depend on the method of cooking: dry roasting or cooking in liquid, but a general rule is to count on about four 3-ounce servings per pound.

Storage

- For **best quality**, use frozen leg of lamb and lamb shoulder by the "Best if Used By" date on the package.
- Once cooked, store leftover lamb in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw lamb, wrapped in the original package, in the refrigerator, on a platter to catch juices. Set on the lowest shelf away from other foods to prevent cross contamination.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the lamb at room temperature.
- Once thawed, cook lamb within 3 to 5 days.

Uses and Tips

There are different cooking methods for different cuts of lamb: **leg or shoulder** - roasted (without

added liquid ingredients) and **shoulder** - braised (cooked with added liquid ingredients).



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Cooking

- Use a meat thermometer to ensure that a safe internal temperature of 145°F has been reached for medium-rare lamb roasts, 160°F for medium, and 170°F for well done. Insert the thermometer into the center of the thickest part of the leg or shoulder away from fat and gristle.
- For ideal tenderness do not cook lamb over 160°F.

Nutrition Information

- **Lamb** is a source of protein, most B vitamins, zinc, and iron as well as other vitamins and minerals.
- 2 to 3 ounces of lamb provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipes and menu ideas on reverse side)

Nutrition Facts			
Serving size 3 ounces (85g) cooked lamb			
Amount Per Serving			
Calories	230	Fat Cal	137
		% Daily Value*	
Total Fat	15.3g		23%
Saturated Fat	6.3g		31%
Cholesterol	81g		27%
Sodium	61g		2%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	21g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	9%

*Percent Daily Values are based on a 2,000 calorie diet.

Irish Lamb Stew

1 tablespoon vegetable oil
1-pound leg of lamb, cut into $\frac{1}{2}$ -inch cubes
3 cups beef broth
2 cloves garlic, minced (or $\frac{1}{2}$ teaspoon garlic powder)
1 teaspoon dried rosemary or marjoram leaves
 $\frac{1}{4}$ teaspoon pepper
2 cups peeled potatoes, cut into $\frac{1}{2}$ -inch cubes
1 $\frac{1}{2}$ cups carrots, cut into $\frac{1}{2}$ -inch slices
1 $\frac{1}{2}$ cups celery, cut into $\frac{1}{2}$ -inch slices
 $\frac{1}{2}$ cup chopped onion

1. Heat oil in a large skillet over medium heat.
2. Add lamb and cook until brown, about 5 minutes.
3. Add beef broth, garlic, rosemary or marjoram, and pepper.
4. Bring to a boil; reduce heat to low. Cover and simmer 20 minutes or until meat is tender.
5. Stir in potatoes, carrots, celery, and onion.
6. Return to boiling; reduce heat. Cover; simmer about 30 minutes or until vegetables are tender.

Makes about seven (1 $\frac{1}{4}$ cup) servings

Nutrition Information for each serving of Irish Lamb Stew:

Calories	171	Cholesterol	43 mg	Sugar	2 g	Calcium	32 mg
Calories from Fat	53	Sodium	433 mg	Protein	15 g	Iron	1.9 mg
Total Fat	5.9 g	Total Carbohydrate	13 g	Vitamin A	329 RE		
Saturated Fat	1.8 g	Dietary Fiber	2g	Vitamin C	12 mg		

Herbed Leg of Lamb

1 (4 pound) leg of lamb
1 tablespoon vegetable oil
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon dried rosemary leaves

1. Place lamb, fat side up, in a shallow roasting pan.
2. Brush vegetable oil over lamb.
3. Mix salt, pepper, and rosemary. Sprinkle over lamb.
4. Bake at a 325°F oven temperature for about 2 hours or until meat thermometer reaches 160°F.
5. Let stand 10 minutes before carving.

Makes about 13 (3-ounce) servings

Nutrition Information for each serving of Herbed Leg of Lamb:

Calories	77	Cholesterol	35 mg	Sugar	0 g	Calcium	4 mg
Calories from fat	28	Sodium	145 mg	Protein	11 g	Iron	1.0 mg
Total Fat	3.2 g	Total Carbohydrate	0 g	Vitamin A	0 RE		
Saturated Fat	1.0 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Spicy Lamb Roast

3 pound lamb shoulder roast
 $\frac{2}{3}$ cup apple juice
2 tablespoons vegetable oil
 $\frac{1}{2}$ cup light soy sauce
2 teaspoons oregano leaves
 $\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{4}$ teaspoon hot pepper sauce
1 clove garlic, minced (or $\frac{1}{4}$ teaspoon garlic powder)

1. Combine apple juice, oil, soy sauce, oregano, ginger, hot pepper sauce, and garlic.
2. Place lamb on rack in roasting pan. Brush lamb with marinade. Hold remaining marinade in refrigerator.
3. Roast lamb at 325°F oven temperature for 25 minutes per pound, about 1 $\frac{1}{2}$ hours, until internal temperature registers 160°F.
4. Brush with remaining marinade several times while roasting.
5. Remove from oven and cover with aluminum foil to keep warm. Let stand 10 minutes before slicing.

Makes about 8 (3-ounce) servings

Nutrition Information for each serving of Spicy Lamb Roast:

Calories	186	Cholesterol	46 mg	Sugar	1 g	Calcium	15 mg
Calories from fat	128	Sodium	170 mg	Protein	11 g	Iron	1.1 mg
Total Fat	14.3 g	Total Carbohydrate	2 g	Vitamin A	1 RE		
Saturated Fat	5.6 g	Dietary Fiber	0 g	Vitamin C	4 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

Menu Ideas

- Use cooked slices, cubes, or strips of herbed lamb to make sandwiches, or add to casseroles and salads such as potato, pasta, or lettuce.
- Use cooked slices or strips of spicy lamb to make spaghetti sauce, fajitas, fried rice, casseroles, omelets, scrambled eggs, and other egg casseroles.

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MILK, NONFAT, DRY INSTANT

for use in the USDA Household
Commodity Food Distribution Programs

02/05/01

Product Description

Dry (instant) pasteurized skim milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and is fortified with Vitamins A and D.

Pack/Yield

Instant Nonfat Dry Milk is packed in 25.6 ounce (1 lb 9.6 ounce) packages.

Storage

- Store nonfat dry milk off the floor in a cool, dry place.
- Store opened nonfat dry milk in a tightly covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes.
- For best quality, use within 18 to 24 months.
- Because the milk has been treated with a steam process to create large, porous, free-flowing particles, it mixes readily in water. After mixing with water, cover milk and refrigerate. Handle and treat the same as fresh fluid milk. Use within 3 to 5 days.

Uses and Tips

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards. It is also suitable to use as a beverage.

Preparation

- When nonfat dry milk is specified in recipes such as bread, biscuits, muffins, and cakes that contain large portions of dry ingredients, the

nonfat dry milk may be mixed with the other dry ingredients. The water for reconstitution may be added to the liquid ingredients.



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- Use nonfat dry milk as directed in recipes requiring dry or reconstituted milk or as a substitute in a cooked product when fresh milk is specified.

Nutrition Information

- Fortified instant nonfat dry milk is a good source of calcium and Vitamin A.
- A 1/3 cup measure of nonfat dry milk, which is the required amount of nonfat dry milk to make 1 cup reconstituted skim milk, provides 1 serving from the **MILK, YOGURT, AND CHEESE GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts

Serving size 1 cup (252ml) reconstituted skim milk

Amount Per Serving

Calories	82	Fat Cal	1
% Daily Value*			
Total Fat	0.1g		0%
Saturated Fat	0.1g		0%
Cholesterol	4mg		1%
Sodium	126mg		5%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Protein	8g		
Vitamin A	10%	Vitamin C	2%
Calcium	28%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Corn Bread

1 ½ cups all-purpose flour
1 cup corn meal
½ cup sugar
½ cup instant nonfat dry milk powder
1 tablespoon baking powder
1 ½ cups water
½ cup oil
1 egg, beaten

1. Preheat oven to 400°F.
2. Combine flour, cornmeal, sugar, dry milk, and baking powder in a large bowl; stir well.
3. Mix in water, oil, and egg *just* until blended.
4. Pour into sprayed, or greased 9" x 9" pan.
5. Bake for 20-25 minutes until toothpick inserted in center comes out clean.
6. Cut 3 by 3 to make nine servings. Serve warm.
[Makes an excellent cold morning breakfast choice, served warm with warmed with maple syrup.]

Recipe provided by Washington State Dairy Council

Makes 9 servings

Nutrition Information for each serving of Corn Bread

Calories	243	Cholesterol	24g	Sugar	13 g	Calcium	106 mg
Calories from Fat	65	Sodium	166 mg	Protein	5 g	Iron	1.4mg
Total Fat	7.2 g	Total Carbohydrate	39 g	Vitamin A	43RE		
Saturated Fat	1.3g	Dietary Fiber	1 g	Vitamin C	0 mg		

Rice-Cheese Casserole

2 eggs, slightly beaten
1 tablespoon margarine or butter, melted
2 cups water
2 cups cooked rice
1 cup soft bread crumbs (1 ½ slices bread)
1 cup instant nonfat dry milk powder
1 cup shredded American cheese
1 tablespoon finely chopped onion

1. Preheat oven to 325°F.
2. Mix all ingredients together in a large bowl.
3. Spread in a greased, or sprayed, 8" x 8" pan or 2-quart casserole
4. Bake for 40-50 minutes until center is set and top turns golden brown.

Makes 9 servings

Recipe provided by Washington State Dairy Council

Nutrition Information for each serving of Rice-Cheese Casserole

Calories	162	Cholesterol	64 mg	Sugar	4 g	Calcium	186 mg
Calories from Fat	62	Sodium	271 mg	Protein	8 g	Iron	..5mg
Total Fat	6.9 g	Total Carbohydrate	16 g	Vitamin A	124 RE		
Saturated Fat	3.8 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Banana Bread

1 cup all-purpose flour
1/3 cup instant nonfat dry milk powder
1 teaspoon baking powder
¼ teaspoon cinnamon
1 egg
1 cup mashed ripe bananas (about 2 medium)
½ cup sugar
½ cup oil
½ cup chopped walnuts (optional)

1. Preheat oven to 350°F.
2. In a medium bowl, stir together flour, dry milk, baking powder, and cinnamon.
3. In a large bowl, beat eggs, bananas, sugar, and oil.
4. Add flour mixture to egg and banana mixture. Mix only to blend.
5. Stir in nuts (optional).
6. Pour into greased, or sprayed, 9" x 5" x 3" loaf pan.
7. Bake 60-70 minutes until a wooden toothpick inserted near center comes out clean.
8. Cool in pan for 10 minutes; then remove to wire rack to cool completely.
9. Slice loaf down the center and cut into 1" pieces.

Makes 18 portions

Recipe provided by Washington State Dairy Council

Nutrition Information for each serving of Banana Bread

Calories	93	Cholesterol	12mg	Sugar	8 g	Calcium	27 mg
Calories from Fat	30	Sodium	32 mg	Protein	1 g	Iron	.4mg
Total Fat	3.4 g	Total Carbohydrate	14g	Vitamin A	15 RE		
Saturated Fat	.6 g	Dietary Fiber	0 g	Vitamin C	1 mg		

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MILK, NONFAT, DRY NON-INSTANT

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Dry (non-instant) pasteurized skim milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and is not fortified with Vitamins A and D.

Pack/Yield

Non-instant Nonfat Dry Milk is packed in 2-pound packages.

Storage

- Store nonfat dry milk off the floor in a cool, dry place.
- Store opened nonfat dry milk in a tightly covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes.
- For best quality, use within 18 to 24 months.
- After mixing with water, cover milk and refrigerate. Handle and treat the same as fresh fluid milk. Use within 3 to 5 days.

Uses and Tips

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards.

Preparation

- When nonfat dry milk is specified in recipes such as bread, biscuits, muffins, and cakes which contain large portions of dry ingredients, the nonfat dry milk may be mixed with the other dry ingredients. The water for

(See recipes on reverse side)



U.S. Department of Agriculture

reconstitution may be added to the liquid ingredients.

- Use nonfat dry milk as directed in recipes requiring dry or reconstituted milk or as a substitute in a cooked product when fresh milk is specified.
- Because this milk is **non-instant**, it does not mix easily for drinking purposes.

Nutrition Information

- Nonfat dry milk is a good source of calcium.
- A 7/8 ounce (3 tablespoon) measure of nonfat dry milk, which is the required amount of nonfat dry milk to make 1 cup reconstituted skim milk, provides 1 serving from the **MILK, YOGURT, AND CHEESE GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 1 cup (252ml) reconstituted skim milk

Amount Per Serving

Calories	81	Fat Cal	1
% Daily Value*			
Total Fat	0.1g		0%
Saturated Fat	0.1g		0%
Cholesterol	4mg		1%
Sodium	120mg		5%
Total Carbohydrate	11g		3%
Dietary Fiber	0g		0%
Protein	8g		
Vitamin A	0%	Vitamin C	2%
Calcium	28%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Hot Cocoa

1/3 cup cocoa powder
1/3 cup sugar
6 cups water
2 cups nonfat dry milk
1/2 teaspoon vanilla

7. Mix cocoa and sugar in a saucepan.
8. Stir in 1 cup of water until smooth. Heat to boiling and simmer 5 minutes.
9. Remove from heat and add rest of water.
10. Sprinkle dry milk on top and beat until smooth.
11. Heat, but do not boil.
12. Add vanilla.

Makes 6 servings

Nutrition Information for each serving of Hot Cocoa

Calories	164	Cholesterol	4mg	Sugar	22 g	Calcium	286 mg
Calories from Fat	18	Sodium	132 mg	Protein	9 g	Iron	.8 mg
Total Fat	2.0 g	Total Carbohydrate	27 g	Vitamin A	176 RE		
Saturated Fat	.2 g	Dietary Fiber	0 g	Vitamin C	1 mg		

Vanilla Cream Pudding

2 tablespoons cornstarch
1/2 cup sugar
1 egg
2 cups reconstituted nonfat dry milk
1 tablespoon butter
1 teaspoon vanilla

5. Mix cornstarch and sugar in a saucepan.
6. Beat egg in a separate bowl. Add, with milk to cornstarch and sugar mixture.
7. Cook and stir, over medium heat, until mixture is smooth and thickened. Cook for 1 minute.
8. Blend in butter and vanilla. Cool.

Makes 6 1/3-cup servings

Nutrition Information for each serving of Vanilla Cream Pudding

Calories	156	Cholesterol	44 mg	Sugar	19 g	Calcium	283 mg
Calories from Fat	27	Sodium	155 mg	Protein	9 g	Iron	.2 mg
Total Fat	3.0 g	Total Carbohydrate	22 g	Vitamin A	195 RE		
Saturated Fat	1.6 g	Dietary Fiber	0 g	Vitamin C	1 mg		

White Sauce Mix

1 cup flour
1 cup butter
1 1/2 cups nonfat dry milk

10. In a large bowl, cut butter into flour with two knives or a pastry blender until mixture resembles fine crumbs.
11. Place in an airtight container and label: "White Sauce Mix".
12. Store in refrigerator. Use within 2 months. Makes about 3 1/2 cups of mix.

TO MAKE BASIC Medium WHITE SAUCE:

1. Combine in a saucepan: 1/2 cup WHITE SAUCE MIX and 1 cup cool water. (For thinner white sauce decrease the mix to 1/4 cup, for thicker white sauce increase mix to 3/4 cup).
2. Cook over low heat until smooth, stirring constantly. Makes about 1 1/2 cups sauce.

Use to make Cheese Sauce by adding 1/2 - 1 cup shredded cheese. Can also be used as a base to make cream soups: add chopped vegetables, chopped poultry, etc.

Recipe provided by Jim Speir's Cooking Page

Makes 12 2-Tablespoon servings of White Sauce

Nutrition Information for each 2 Tablespoon serving of White Sauce

Calories	30	Cholesterol	6 mg	Sugar	0 g	Calcium	15 mg
Calories from Fat	21	Sodium	30 mg	Protein	0 g	Iron	0 mg
Total Fat	2.3 g	Total Carbohydrate	1 g	Vitamin A	30 RE		
Saturated Fat	1.4 g	Dietary Fiber	0 g	Vitamin C	0 mg		

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ORANGE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned unsweetened orange juice is 100% juice, with no added sweeteners.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{1}{2}$ cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of orange juice should be used within 12 to 18 months.
- Store leftover orange juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Blend orange juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Fill an empty ice tray with orange juice to make frozen juice pops.

(See recipes on reverse side)



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Nutrition Information

- **Orange Juice** provides less than 90 calories per serving and is low in fat and sodium.
- One serving of orange juice provides over 100% of your daily value for vitamin C.
- A $\frac{1}{2}$ cup serving of orange juice provides 1 serving from the **FRUIT GROUP of the Food Guide Pyramid**.

Nutrition Facts

Serving size $\frac{1}{2}$ cup (177ml)
canned orange juice

Amount Per Serving

Calories	78	Fat Cal	2
% Daily Value*			
Total Fat	.2g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	3mg		0%
Total Carbohydrate	18g		6%
Dietary Fiber	<0.5g		1%
Sugars	19g		
Protein	1g		
Vitamin A	2%	Vitamin C	106%
Calcium	1%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Florida Sunshine Shake

1 cup orange juice
½cup grapefruit juice
1 ripe banana, mashed
½cup low-fat vanilla yogurt
½teaspoon vanilla extract

1. Combine all ingredients.
2. Pour into glass and serve immediately.

Makes 2 8-ounce servings

Recipe provided by Florida Department of Citrus

Nutrition Information for each serving of Florida Sunshine Shake:

Calories	184	Cholesterol	3 mg	Sugar	35 g	Calcium	117 mg
Calories from Fat	11	Sodium	43 mg	Protein	4 g	Iron	.8 mg
Total Fat	1.2 g	Total Carbohydrate	40 g	Vitamin A	37 RE		
Saturated Fat	.6 g	Dietary Fiber	1 g	Vitamin C	66 mg		

Orange Custard

½ cup sugar
¼ cup cornstarch
4 eggs
2½ cups orange juice

1. In a saucepan, combine the sugar and cornstarch.
2. Blend in the eggs.
3. Add the orange juice.
4. Cook, over low heat, until smooth and thickened. Do not let the custard boil or it will become curdled.
5. Portion into dessert dishes. Chill immediately.

Recipe provided by Florida Department of Citrus

Makes 6 servings

Nutrition Information for each serving of Orange Custard:

Calories	178	Cholesterol	141 mg	Sugar	27 g	Calcium	24 mg
Calories from Fat	31	Sodium	44 mg	Protein	4 g	Iron	.9 mg
Total Fat	3.4 g	Total Carbohydrate	32 g	Vitamin A	82 RE		
Saturated Fat	1.0 g	Dietary Fiber	0 g	Vitamin C	35 mg		

Skillet Sweet Potatoes

1 lb. sweet potatoes, peeled and sliced ½" thick
½ cup orange juice
2 tablespoons brown sugar or molasses
1 tablespoon butter or margarine
1 teaspoon cinnamon (optional)

1. Place sweet potatoes in a 12" skillet; cover with hot water, bring to a boil. Lower heat, cover, and simmer for 10 minutes until tender. Drain.
2. In a small mixing bowl, combine orange juice, brown sugar, butter or margarine, and cinnamon (optional).
3. Pour sauce over the cooked potatoes. Cook and stir until bubbly. Boil gently, uncovered, about 5 minutes, until potatoes are glazed, spooning sauce over potatoes occasionally.

Recipe provided by Florida Department of Citrus

Makes 4 servings

Nutrition Information for each serving of Skillet Sweet Potatoes:

Calories	171	Cholesterol	8 mg	Sugar	17 g	Calcium	31 mg
Calories from Fat	48	Sodium	87 mg	Protein	1 g	Iron	.9 mg
Total Fat	5.4 g	Total Carbohydrate	31 g	Vitamin A	458 RE		
Saturated Fat	2.3 g	Dietary Fiber	2 g	Vitamin C	24 mg		

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PEAS, BLACK-EYED CANNED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned Black-eyed peas (beans) (cowpeas) are U.S. Grade A, packed in salt water.

Pack/Yield

Black-eyed peas are packed in 15-ounce cans, approximately 2 cups per can.

Storage

- Store unopened black-eyed peas in a cool, dry place off the floor.
- For **best quality**, use unopened black-eyed peas within 2 years.
- Store opened black-eyed peas in a covered non-metallic container and refrigerate. Use within 3 to 4 days. They can also be frozen.

Uses and Tips

Black-eyed peas may be used cold in salads, in soups, casseroles, or stews, in chili, or as a vegetable side dish. They are also excellent mixed with rice.

(See recipes on reverse side)



U.S. Department of Agriculture

Cooking

Canned black-eyed peas require no further cooking, and may be used directly from the can.

Nutrition Information

- **Black-eyed peas** are low in fat and contain no cholesterol. They are high in potassium, iron, and fiber.
- ½cup of black-eyed peas counts as 1 ounce of lean meat from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 1 cup (240g)
cooked, drained black-eyed peas

Amount Per Serving

Calories	184	Fat Cal	11
% Daily Value*			
Total Fat	1.3g		2%
Saturated Fat	.3g		1%
Cholesterol	0mg		0%
Sodium	717mg		29%
Total Carbohydrate	32g		10%
Dietary Fiber	7g		28%
Sugars	5g		
Protein	11g		
Vitamin A	0%	Vitamin C	10%
Calcium	4%	Iron	12%

*Percent Daily Values are based on a 2,000 calorie diet.

Chunky Meatless Chili

1 medium green pepper, chopped
1 medium onion, chopped
3 garlic cloves, minced (optional)
3½ cups canned tomatoes, undrained, chopped
1 can kidney beans, undrained
1 can Black-eyed Peas, undrained
1 can whole kernel corn, drained
1 cup water
1 cup uncooked rice
1-2 tablespoons chili powder
1½ teaspoons ground cumin (optional)

1. Grease or spray a 3-quart saucepan and saute green pepper, onion, and garlic over medium-high heat for 5 minutes until tender.
2. Add and blend in the tomatoes, kidney beans, black-eyed peas, corn, water, rice, chili powder, and cumin.
3. Bring to a boil, reduce heat, cover, and simmer 30 minutes, stirring occasionally.

When serving, may be garnished with lowfat sour cream or plain yogurt, chopped onions, and/or lowfat shredded cheese.

Makes approximately 6 2-cup servings

Recipe provided by Taste of Home Magazine

Nutrition Information for each serving of Chunky Meatless Chili:

Calories	313	Cholesterol	0 mg	Sugar	8 g	Calcium	85 mg
Calories from Fat	11	Sodium	968 mg	Protein	12 g	Iron	4.6 mg
Total Fat	1.3 g	Total Carbohydrate	65 g	Vitamin A	156 RE		
Saturated Fat	.2 g	Dietary Fiber	10 g	Vitamin C	38 mg		

Tex-Mex Caviar

2 cans Black-eyed Peas, drained
1 cup chopped green pepper
½ cup chopped onion
2 tablespoons chopped fresh jalapeno pepper
(optional)

1. Rinse and drain peas.
2. Mix with other ingredients.
3. This is a great cold salad or side dish.

Makes 8 ½-cup servings

½ cup of your favorite Italian-type dressing

Recipe provided by Giant of Maryland, Inc.

Nutrition Information for each serving of Tex-Mex Caviar:

Calories	145	Cholesterol	0 mg	Sugar	1 g	Calcium	45 mg
Calories from Fat	63	Sodium	696 mg	Protein	6 g	Iron	2.0 mg
Total Fat	7.1 g	Total Carbohydrate	18 g	Vitamin A	9 RE		
Saturated Fat	1.0 g	Dietary Fiber	4 g	Vitamin C	18 mg		

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PEAS, BLACK-EYED
DRY
for use in the USDA Household

Commodity Food Distribution Programs

03/27/01

Product Description

Dried Black-eyed peas (beans) (cowpeas) are grade U.S. No. 1.

Pack/Yield

Black-eyed peas are packed in 2 pound bags. A 2 pound bag of dry black-eyed peas, after soaking and cooking will yield approximately 14 one-cup servings.

Storage

- Store dry black-eyed peas in a cool, dry place off the floor. High temperatures cause hardening of the black-eyed peas; high humidity may cause mold.
- For **best quality**, use unopened black-eyed peas within 12 months.
- Store cooked black-eyed peas in a covered non-metallic container and refrigerate. Use within 2 days. They can also be frozen.

Uses and Tips

Cooked black-eyed peas may be used cold in salads, in soups, casseroles, or stews, in chili, or as a vegetable side dish. They are also excellent mixed with rice.

Preparation

- Sort peas to remove foreign matter, such as small stones, and rinse in cold water.
- Soaking the beans not only makes the beans cook faster, but by discarding the soaking water gas-forming properties of the beans are lessened.
- See reverse side for soaking directions.

(See recipes on reverse side)



U.S. Department of Agriculture

Cooking

Use approximately 1¾ quarts boiling water for each pound of soaked beans to be cooked. Cook for approximately ½ hour. Add additional boiling water if beans become dry. Drain, if desired. Serve tossed with butter (or margarine) and/or seasoning, or use in recipes. One ½ teaspoon of salt per pound of beans may be added, after cooking, if desired.

Nutrition Information

- **Black-eyed peas** are low in fat, contain no cholesterol, and are low in sodium. They are high in potassium, iron, and fiber.
- ½cup of cooked black-eyed peas counts as 1 ounce of lean meat from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 1 cup (172g)
cooked black-eyed peas without salt

Amount Per Serving

Calories	199	Fat Cal	8
% Daily Value*			
Total Fat	.9g		1%
Saturated Fat	.2g		1%
Cholesterol	0mg		0%
Sodium	6mg		0%
Total Carbohydrate	35g		11%
Dietary Fiber	11g		44%
Sugars	5g		
Protein	13g		
Vitamin A	0%	Vitamin C	1%
Calcium	4%	Iron	23%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions for Soaking Black-eyed Peas

- **Overnight method:** Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Drain and discard soaking water. Replace water and cook immediately after soaking period. Longer periods of soaking are not recommended.
- **Quick soak method:** Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to stand for 1 hour. Discard soaking water and proceed with cooking.

Black-Eyed Pea Salad

1 lb. dry Black-eyed peas, soaked
2 cloves garlic, minced (optional)
½cup minced onion
3 bouillon cubes

½cup finely chopped onions
½cup shredded carrots
1 cup thinly sliced celery
½cup chopped green pepper
½cup of your favorite salad dressing
4 cups chopped lettuce

1. Soak beans. Drain and discard water from soaked beans.
2. Cover with 3 quarts of water and add garlic, minced onion, and bouillon cubes. Bring to a boil, lower heat, and simmer until tender, about 30 minutes.
3. Drain and discard cooking broth. Chill beans, quickly, in refrigerator, uncovered.
4. Mix with remaining ingredients and chill once again, to blend flavors.
5. Spoon onto chopped lettuce.

Makes 8 1¼-cup servings over 1 cup lettuce

Recipe provided by Idaho Bean Commission

Nutrition Information for each serving of Black-Eyed Pea Salad:

Calories	263	Cholesterol	0 mg	Sugar	9 g	Calcium	56 mg
Calories from Fat	51	Sodium	628 mg	Protein	12 g	Iron	4.1 mg
Total Fat	7.3 g	Total Carbohydrate	38 g	Vitamin A	236 RE		
Saturated Fat	1.7 g	Dietary Fiber	11 g	Vitamin C	17 mg		

Black-Eyed Pea and Rice Dressing

1 cup dry Black-eyed Peas
3 cups water
1 tablespoon tomato paste
¼ cup oil
1 small onion, chopped
½ cup celery, chopped fine
½ teaspoon black pepper
2 cups cooked rice

1. Cook beans in water until tender, about 50 minutes.
2. Drain and discard water.
3. Add remaining ingredients, except cooked rice, and simmer for 5 minutes.
4. Add cooked rice, and simmer 10 more minutes.
5. Makes an excellent stuffing for chicken or can be served as a side dish.

Makes 8 ¾-cup servings

Recipe provided by Jeanne Elliott, New Iberia

Nutrition Information for each serving of Black-Eyed Pea and Rice Dressing:

Calories	202	Cholesterol	0 mg	Sugar	2 g	Calcium	22 mg
Calories from Fat	64	Sodium	10.6 mg	Protein	6 g	Iron	2.4 mg
Total Fat	7.2 g	Total Carbohydrate	28 g	Vitamin A	5 RE		
Saturated Fat	1.3 g	Dietary Fiber	4 g	Vitamin C	1 mg		

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PINEAPPLE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned unsweetened pineapple juice is 100% juice, with no added sweeteners. This juice has been fortified with vitamin C.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7-¹/₄ cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of pineapple juice should be used within 12 to 18 months.
- Store leftover pineapple juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Blend pineapple juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Mix ½cup pineapple juice with ½cup sparkling water for a sparkling soda.

(See recipes on reverse side)



U.S. Department of Agriculture

Nutrition Information

- **Pineapple Juice** is low in fat and sodium.

Bubbling Pineapple Punch

1 46-ounce can chilled pineapple juice
1½cups orange juice
2 quarts (1 liter) club soda
1 quart pineapple or orange sherbet

Recipe provided by Dole

- One serving of pineapple juice provides 75% of your daily value for vitamin C.
- A ½cup serving of pineapple juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size ½cup (177ml)
canned pineapple juice

Amount Per Serving

Calories	105	Fat Cal	1
% Daily Value*			
Total Fat	.1g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		1%
Sugars	23g		
Protein	0g		
Vitamin A	0%	Vitamin C	75%
Calcium	3%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

1. Mix pineapple juice, orange juice, and club soda together.
2. Drop spoonfuls of sherbet into punch, and stir until nearly melted.

Makes 30 4-ounce servings

Nutrition Information for each serving of Bubbling Pineapple Punch:

Calories	105	Cholesterol	23 mg	Sugar	6 g	Calcium	11 mg
Calories from Fat	42	Sodium	15 mg	Protein	8 g	Iron	1.0 mg
Total Fat	4.7 g	Total Carbohydrate	7 g	Vitamin A	2 RE		
Saturated Fat	1.9 g	Dietary Fiber	0 g	Vitamin C	8 mg		

Juice Nut

2 cups pineapple juice, chilled
1 ripe banana, mashed
1 cup vanilla lowfat yogurt
2 tablespoons peanut butter
6 medium ice cubes

1. Mix ingredients in a bowl.
2. Pour into 3 10-ounce glasses.

Makes 3 servings

Recipe provided by Delmonte Foods

Nutrition Information for each serving of Juice Nut

Calories	261	Cholesterol	4 mg	Sugar	38 g	Calcium	167 mg
Calories from Fat	60	Sodium	105 mg	Protein	6 g	Iron	.7 mg
Total Fat	6.7 g	Total Carbohydrate	45 g	Vitamin A	16 RE		
Saturated Fat	1.8 g	Dietary Fiber	1 g	Vitamin C	22 mg		

Pineapple Milk Sherbet

1 cup pineapple juice
1 1/3 cups sugar
1/2 cup lemon juice
2 teaspoons grated lemon rind
4 cups lowfat milk

1. Combine, in a bowl, the pineapple juice, sugar, lemon juice, lemon rind, and milk.
2. Pour in empty ice-cube tray. Place tray in freezer, and freeze until slushy.
3. Pour slush into bowl and beat until softened.
4. Return sherbet to ice cube tray, and freeze until of serving consistency.

Recipe provided by Recipecenter.com

Simple, but very good.

Makes 12 1/2-cup servings

Nutrition Information for each serving of Pineapple Milk Sherbet:

Calories	261	Cholesterol	4 mg	Sugar	38 g	Calcium	167 mg
Calories from Fat	60	Sodium	105 mg	Protein	6 g	Iron	.7 mg
Total Fat	6.7 g	Total Carbohydrate	45 g	Vitamin A	16 RE		
Saturated Fat	1.8 g	Dietary Fiber	1 g	Vitamin C	22 mg		

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PORK with NATURAL JUICES CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/05/01

Product Description

- **Canned Pork** is **fully cooked** in its own juices and is ready to use.

Pack

The 29-ounce can contains about three cups of cut-up pork.

Storage

- **Store** unopened can in a cool, dry place until ready to use.
- For **best quality**, unopened cans of pork should be used within 36 months of receipt.

- Store leftover pork in a covered container and refrigerate. Use within 2-3 days.

Uses and Tips

- To remove fat that has risen to the top, open the can and gently scoop the fat out with a spoon. Throw the fat away. To remove the fat more easily, chill the can before opening.
- To add extra flavor, but not extra fat, add spices, peppers, onions, garlic, and tomatoes.

(See recipes on reverse side)



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Menu Ideas

- For a quick "pizza" snack, top a sliced English muffin half with tomato sauce, cheese, and diced pork. Bake until cheese is melted.
- Use cut-up pork in salads, soups, stews, sandwiches, barbecue, spaghetti sauce, vegetable stir-frys, or casseroles.

10-Minute Pork BBQ Sandwich

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- 2 cups canned pork
- $\frac{1}{2}$ cup prepared barbecue sauce
- 5 hamburger rolls

1. In large skillet, heat oil on low heat.
2. Add onion and cook until tender, about 5 minutes.
3. Mix in pork and barbecue sauce and cook until heated through, about 5 minutes.
4. Spoon barbecue mixture on bottom half of opened hamburger bun.

Makes approximately five ($\frac{1}{2}$ cup) servings

Nutrition Information

- **Pork** provides protein, thiamin, niacin, and zinc as well as other vitamins and minerals.
- 2 to 3 ounces of pork provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 3 ounces (85g) canned pork			
Amount Per Serving			
Calories	315	Fat Cal	270
% Daily Value*			
Total Fat	30.0g		46%
Saturated Fat	12.0g		60%
Cholesterol	67mg		22%
Sodium	345mg		14%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	12g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	16%
*Percent Daily Values are based on a 2,000 calorie diet.			

Nutrition Information for each serving of 10-Minute Pork BBQ Sandwich:

Calories	331	Cholesterol	35 mg	Sugar	17 g	Calcium	64 mg
Calories from Fat	85	Sodium	862 mg	Protein	19 g	Iron	2.0 mg
Total Fat	9.5 g	Total Carbohydrate	40 g	Vitamin A	11 RE		
Saturated Fat	2.8 g	Dietary Fiber	2 g	Vitamin C	2 mg		

Pasta with Pork and Green Pepper Sauce

1 tablespoon vegetable oil
1 green pepper, seeded, coarsely chopped
1 large onion, coarsely chopped
2 cups canned pork
1 jar (25 to 29 ounces) spaghetti sauce
9 oz spaghetti (or other pasta) cooked, or hot cooked rice

1. In a large skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork and spaghetti sauce to vegetable mixture. Reduce heat to low and cook, uncovered, until heated through, about 5 minutes.
4. Serve over spaghetti, other pasta, or hot cooked rice.

Makes six servings (3/4 cup sauce and 1 cup spaghetti)

Nutrition Information for each serving of Pasta with Pork and Green Pepper Sauce:

Calories	474	Cholesterol	34 mg	Sugar	20 g	Calcium	65 mg
Calories from Fat	121	Sodium	944 mg	Protein	22 g	Iron	4.0 mg
Total Fat	13.5 g	Total Carbohydrate	66 g	Vitamin A	238 RE		
Saturated Fat	4.0 g	Dietary Fiber	5 g	Vitamin C	33 mg		

Breakfast Pork Burritos

1½ teaspoons vegetable oil
½ green pepper, seeded, finely chopped
1 small onion, finely chopped
1 cup canned pork
8 burrito-size flour tortillas, warmed
½ cup dry egg mix mixed with ½ cup water (2 eggs)
1 cup salsa

1. In a skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork to the vegetable mixture and cook until heated through, about 5 minutes. Remove and hold.
4. Heat same skillet over low heat.
5. Add beaten eggs and cook until scrambled, about 2 to 3 minutes.
6. Add 1/3 cup pork mixture to warmed tortilla, then top with ½ cup scrambled eggs and 2 tablespoons salsa. Roll up burrito-style.

Makes eight servings

Nutrition Information for each Breakfast Pork Burrito:

Calories	214	Cholesterol	62 mg	Sugar	3 g	Calcium	86 mg
Calories from fat	72	Sodium	569 mg	Protein	12 g	Iron	2.3 mg
Total Fat	8.0 g	Total Carbohydrate	24 g	Vitamin A	32 RE		
Saturated Fat	2.0 g	Dietary Fiber	2 g	Vitamin C	14 mg		

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SPAGHETTI SAUCE (MEATLESS)

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Meatless Spaghetti Sauce** is a ready-to-use tomato-based sauce. It has a bright, typical tomato color and is smooth in texture.
- In addition to tomato products, it may also contain: water, sugar, olive oil, soybean and/or cottonseed oil, onion powder, garlic powder, citric acid, natural flavoring, starches, and other ingredients.

Pack

Meatless spaghetti sauce is packed in a #300 can, which is approximately two cups.

Storage

- Store unopened cans in a cool, dry place off the floor. Extreme temperatures such as freezing or exposure to direct sunlight speeds deterioration.
- This product will keep, at temperatures below 85°F, for 12 to 18 months.
- Store opened spaghetti sauce in a covered nonmetallic container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Use heated meatless spaghetti sauce as a topping for cooked pasta or as an ingredient in other Italian-style dishes. Can be a quick and easy substitute for home-made spaghetti sauce in any recipe.
- Use warmed as a dipping sauce for breadsticks.

(See recipes on reverse side)



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Nutrition Information

- ***Meatless Spaghetti Sauce*** is a generous provider of vitamin C, a vitamin useful in helping protein to provide structure to bones, cartilage, muscle, and blood vessels, as well as maintaining capillaries, bones, and teeth and aiding in the absorption of iron. It also contains fiber which is useful to a healthy digestive system as well as helpful in satisfying the appetite.
- ½cup of meatless spaghetti sauce provides 1 serving from the **VEGETABLE GROUP** of the **Food Guide Pyramid**.

Nutrition Facts

Serving size ½cup (56g)

Amount Per Serving

Calories	54	Fat Cal	9
% Daily Value*			
Total Fat	1.0g		1%
Saturated Fat	.1g		0%
Cholesterol	0mg		0%
Sodium	669mg		27%
Total Carbohydrate	9g		3%
Dietary Fiber	3g		0%
Sugars	5g		
Protein	1g		
Vitamin A	2%	Vitamin C	7%
Calcium	2%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet.

Beefaroni

9 oz (2 $\frac{1}{2}$ cups) uncooked macaroni
 2 pounds ground beef
 $\frac{1}{2}$ cup onions, chopped
 $\frac{1}{2}$ cup celery, chopped
 $\frac{1}{3}$ cup green peppers, chopped
 1 #300 can spaghetti sauce
 6 oz (1 $\frac{1}{2}$ cups) shredded American cheese

1. Cook macaroni in boiling water. Drain and set aside.
2. While macaroni is cooking, brown ground beef, chopped onions, chopped celery, and chopped green peppers until mixture falls apart. Drain off fat and discard.
3. Mix in canned spaghetti sauce and cooked, drained macaroni.
4. Pour total mixture into a baking pan or casserole. Top with shredded cheese.
5. Bake at 400°F for 15 minutes until heated through and cheese is lightly browned and mixture is bubbling.

Recipe provided by "Food Service Director" magazine

Makes 7 (1 cup) servings

Nutrition Information for each serving of Beefaroni:

Calories	446	Cholesterol	98 mg	Sugar	1 g	Calcium	185 mg
Calories from Fat	260	Sodium	763 mg	Protein	30 g	Iron	2.8 mg
Total Fat	28.9 g	Total Carbohydrate	15 g	Vitamin A	165 RE		
Saturated Fat	12.2 g	Dietary Fiber	3 g	Vitamin C	18 mg		

Pasta Fagiola

(Pah-sta fah-zool) (Macaroni/bean soup)

11 oz uncooked macaroni (1 $\frac{1}{3}$ cups raw)
 1 tablespoon + 1 teaspoon oil
 1 cup green peppers, chopped
 $\frac{2}{3}$ cup onion, chopped
 $\frac{2}{3}$ cup celery, chopped
 1 #300 can spaghetti sauce
 2 cups water
 $\frac{1}{4}$ teaspoon garlic powder
 1 #300 can undrained vegetarian beans (or $\frac{1}{2}$ cup dry Great Northern Beans, soaked and cooked)

1. Cook pasta; drain and set aside.
2. While pasta is cooking, heat oil in a large saucepan. Add chopped green pepper, chopped onion, and chopped celery. Stir-fry until soft and tender, about 5 minutes.
3. Add spaghetti sauce, water, and garlic powder. Simmer on low heat for 30 minutes.
4. Add beans and drained pasta. Mix and serve.

Optional: top each serving with 1 tablespoon Parmesan cheese for extra Italian flavor.

Makes 6 (1 cup) servings

Recipe provided by Safeway Stores, Inc.

Nutrition Information for each serving of Pasta Fagiola:

Calories	415	Cholesterol	0 mg	Sugar	9 g	Calcium	11 mg
Calories from fat	83	Sodium	734 mg	Protein	12 g	Iron	3.9 mg
Total Fat	9.2 g	Total Carbohydrate	72 g	Vitamin A	154 RE		
Saturated Fat	1.9 g	Dietary Fiber	9 g	Vitamin C	45 mg		

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TOMATO JUICE

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned tomato juice is 100% juice. Salt has been added for flavor. This juice has been fortified with vitamin C.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{1}{2}$ cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of tomato juice should be used within 12 to 18 months.
- Store leftover tomato juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Mix tomato juice in a blender with chopped carrots and celery for a vegetable smoothie.
- Drink as a mealtime beverage to get another serving of vegetables into your diet.

(See recipes on reverse side)



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Nutrition Information

- **Tomato Juice** provides less than 50 calories per serving and is low in fat.
- Tomato juice is a good source of vitamin C. One serving of tomato juice provides 55% of your daily value for vitamin C. It also is a good source of Vitamin A. One serving of tomato juice provides 20% of your daily value for Vitamin A.
- A $\frac{1}{2}$ cup serving of tomato juice provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size $\frac{1}{2}$ cup (177ml)
canned tomato juice

Amount Per Serving

Calories	30	Fat Cal	0
% Daily Value*			
Total Fat	.1g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	657mg		27%
Total Carbohydrate	7g		2%
Dietary Fiber	0g		0%
Sugars	6g		
Protein	1g		
Vitamin A	6%	Vitamin C	55%
Calcium	0%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet.

Easy Chili

2 pounds lean ground beef
3 medium onions, chopped (about 1½ cups)
1 small green pepper, chopped (about ½ cup)
1 tablespoon chili powder
3 cups tomato juice
1/3 cup catsup
2 15-oz cans kidney beans, drained and rinsed

Recipe provided by Campbell's

1. In a large skillet, over medium heat, brown beef, onions, and green pepper until beef is browned and mixture falls apart. Drain and discard fat.
2. Add chili powder, tomato juice, catsup, and beans.
3. Heat to a boil. Reduce heat to low and cook 15 minutes.

Makes approximately 12 1-cup servings

Nutrition Information for each serving of Easy Chili:

Calories	340	Cholesterol	47 mg	Sugar	16 g	Calcium	56 mg
Calories from Fat	103	Sodium	1727 mg	Protein	19 g	Iron	3.2 mg
Total Fat	11.5 g	Total Carbohydrate	43 g	Vitamin A	168 RE		
Saturated Fat	4.3 g	Dietary Fiber	5 g	Vitamin C	34 mg		

Chicken Corn Chowder

2 tablespoons butter or margarine
½ cup finely chopped onion
3 tablespoons flour
3 cups tomato juice
½ cup milk
¼ teaspoon pepper
2 cups cubed chicken or turkey*
1 16-ounce can whole kernel corn, drained

* For 2 cups cubed cooked chicken: in a medium saucepan, cook 1 pound skinless, boneless chicken breasts or thighs, cubed, for 5 minutes, until meat is no longer pink.

Recipe provided by Campbell's

1. In a large saucepan, over medium heat, melt butter or margarine.
2. Add onion and cook until tender.
3. Blend in flour.
4. Gradually stir in tomato juice, milk, and pepper until smooth.
5. Cook until mixture boils and thickens slightly, stirring constantly.
6. Add chicken or turkey and corn.
7. Heat through.

Makes approximately 8 1-cup servings

Nutrition Information for each serving of Chicken Corn Chowder:

Calories	156	Cholesterol	38 mg	Sugar	5 g	Calcium	37 mg
Calories from Fat	47	Sodium	474 mg	Protein	13 g	Iron	1.4 mg
Total Fat	5.2 g	Total Carbohydrate	15 g	Vitamin A	96 RE		
Saturated Fat	2.5 g	Dietary Fiber	1 g	Vitamin C	11 mg		

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TRAIL MIX

FRUIT AND NUT

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Trail Mix may be made of any of the following: dried cranberries, dried dates, dried figs, dried plum pieces, walnuts, almonds, or dried cherries. The label will indicate ingredients.

Pack

Trail Mix comes in 1-pound packages, approximately 2½ cups total volume per package, or 7½ 1/3-cup servings.

Storage

Unopened packages will keep for 6 months in a cool, dry place. If package is opened, store in the refrigerator for up to 6 months.

Uses and Tips

- Serve Trail Mix, from the package, as a meal-time fruit choice.
- Repackage to take as a snack or in a bag lunch.
- Serve as a delicious nutritious topping for ice cream or yogurt or cereal at breakfast.



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Nutrition Information

Trail Mix is a good source of healthful carbohydrate and fiber.

Nutrition Facts

Serving size 1/3 cup (53g) trail mix with cranberries, dried dates, dried figs, dried plum pieces, and walnuts.

Amount Per Serving

Calories	198	Fat Cal	65
% Daily Value*			
Total Fat	7.2g		11%
Saturated Fat	.6g		3%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	32g		10%
Dietary Fiber	4g		18%
Sugars	22g		
Protein	2g		
Vitamin A	2%	Vitamin C	1%
Calcium	3%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet.

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